SELF-KNOWLEDGE.

A

TREATISE,

SHEWING THE

NATURE and BENEFIT

OF THAT

IMPORTANT SCIENCE,

AND

The WAY to attain it.

INTERMIXED

With various Reflections and Obſervations

On HUMAN NATURE.

By JOHN MASON, *A. M.*

——— e Cœlo deſcendit γνωθι σεαυτον. Juv.

The proper Knowledge of Mankind is MAN. Pope.

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A

TREATISE

BRITISH MUSEUM
30 JUL 72

TO

SAMUEL LESINGHAM, *Esq.*

Treasurer of *St. Thomas's Hospital.*

SIR,

MODESTY and Self-Diffidence are the allowed Characteristicks of *Self-Knowledge.* If then my presuming to address this Piece to you may seem to discover more Assurance and Self-Confidence than be-

comes a true Acquaintance with the Subject I write upon, I have only this to say; your known Condeſcention and Candour have encouraged that Preſumption: Nor can any Thing animate an Addreſs of this Nature more, than an Aſſurance that the Perſon to whom it is made, has ſo good an Underſtanding in the practical Part of this Subject, as will incline him to excuſe the Defects that may appear in the Management of it.

But after all, SIR, my own Proficiency in this Science is ſo poor, that I dare not be confident I am not wrong in my Views, with which I deſire this ſmall Tract may appear under your Patronage. That it may have a Refuge from the Petulance of Cenſure, an Encouragement in the Publication, and I, at the ſame Time, an Opportunity of teſtifying my grateful Senſe of many paſt Favours, are my open and avowed Ends herein.

But

But ſtill, whether an Ambition to be known to the World under the Advantage of your Friendſhip be not the ſecret and true Motive, I cannot be certain.

However, if in this Point I may be miſtaken, there is another in which I think I cannot; and that is, that it is at leaſt a pardonable Ambition; in which I ſhall certainly ſtand acquitted by every one who knows your Character, the Delicacy of your Taſte in the Choice of Friends, and the real Honour it does to thoſe you are pleaſed to admit into that Number.

But even this, SIR, your Penetration will ſoon diſcover to proceed from the ſame Vanity I before ſuſpected myſelf to be guilty of. And the World will judge, that I ſpeak it rather to do *myſelf* Honour than *you*. However, I am beforehand with them in the Obſervation. And that I may not be tempted, in this Addreſs, to,

enhance your Character (according to the uſual Stile of Dedications) in order to do Honour to my own, and at once oppreſs your Modeſty and expoſe my Vanity, I ſhall put an End to it, without ſo much as attempting to deſcribe a Character, which I ſhall, however always aim to imitate.

But that you may continue to adorn that publick and uſeful Station you are in, and long live a Patron and Pattern of ſolid and diſintereſted Virtue; and that your many charitable Offices and good Works on Earth may meet with a large and late Reward in Heaven, is the hearty Prayer of

SIR,

Your much Obliged,

and very Humble Servant,

Dorking,
Jan. 31, 1744-5.

J. MASON.

THE PREFACE.

THE Subject of the enſuing Treatiſe is of great Importance; and yet I do not remember to have ſeen it cultivated with that Exactneſs, Perſpicuity and Force, with which many other Moral, and Theological Themes have been managed. And indeed it is but rarely that we find it particularly and fully recommended to us, in a ſet and regular Diſcourſe, either from the Pulpit or the Preſs. This Conſideration, together with a full Perſwaſion of its great and extenſive Uſefulneſs, hath put me upon

an

an Endeavour, in this Manner, to render it more familiar to the Minds of Chriſtians.

Mr. *Baxter* indeed has a Treatiſe *profeſſedly* upon this Subject; intitled, *The Miſchief of Self-Ignorance, and the Benefit of Self-Acquaintance.* And I freely acknowledge ſome Helps I received from him. But he hath handled it (according to his Manner) in ſo lax and diffuſe a Way, introducing ſo many Things into it that are foreign from it, omitting others that properly belong to it, and ſkimming over ſome with a too ſuperficial Notice, that I own I found myſelf much diſappointed in what I expected from him. And was convinced that there wanted ſomething more correct, nervous and methodical to be written on this Subject.

I am far from having the Vanity to think that this, which I now offer to the Publick, is intirely free from thoſe Faults which I have remarked in that pious and excellent Author. And am ſenſible, that if I do not fall under a much heavier Cenſure myſelf, it muſt be owing to the great Candour of my Reader; which he will be

be convinced I have ſome Title to, if he but duly conſider the Nature and Extent of the Subject. For it is almoſt impoſſible to let the Thoughts run freely upon ſo copious and comprehenſive a Theme, in order to do Juſtice to it, without taking too large a Scope in ſome Particulars that have a near Affinity to it. As I fear I have done (Part i. Chap. xiv.) concerning the Knowledge, Guard, and Government of the *Thoughts*.

But there is a great Difference between a ſhort, occaſional and uſeful *Digreſſion*, and a wide *Rambling* from the Subject, by following the impulſe of a luxuriant Fancy. A judicious Taſte can hardly excuſe the latter, tho' it may be content the Author ſhould gather a few Flowers out of the common Road, provided he ſoon returns into it again.

Which brings to my Mind another Thing which, I am ſure, I have great Reaſon to crave the Reader's Patience and Pardon for, (the beſt End I know of Prefaces) and that is, the free Uſe I have made of ſome of the *antient Heathen Writers* in my marginal Quotations, which I own

own looks like an Oſtentation of Reading, which I always abhorred. But it was converſing with thoſe Authors that firſt turned my Thoughts to this Subject. And the good Senſe I met with in moſt of their Aphoriſms and Sentiments, gave me an Eſteem for them; which made it Difficult for me to reſiſt the Temptations of tranſcribing ſeveral of them, which I thought pertinent to the Matter in Hand. But after all, I am aſhamed to ſee what an old-faſhioned Figure they make in the Margin. However, if the Reader thinks they will too much interrupt the Courſe of the Subject, he may intirely omit them: tho' by that Means he will perhaps loſe the Benefit of ſome of the fineſt Sentiments in the Book.

I remember a modern Writer, I have very lately read, is grievouſly offended with Mr. *Addiſon* for ſo much as mentioning the Name of *Plato*, and perſuming in one of his *Spectators* to deliver his Notions of *Humour* in a Kind of Allegory, after the Manner of that *Greek* Author; which he calls a *formal Method of trifling, introduced under a deep Oſtentation of Learning, which deſerves*

deſerves the ſevereſt Rebuke (a). And perhaps a more ſevere one was never given upon ſo ſmall a Provocation. From Gentlemen of ſo refined and very nice a Taſte I can expect no Mercy. But the Publick is to judge, whether this be not as culpable and nauſeous an Affectation as the contrary one, which prevailed ſo much in the laſt Century.

One great View I had in mine Eye when I put theſe Thoughts together was the Benefit of Youth, and eſpecially thoſe of them that are Students and Candidates for the Sacred Miniſtry; for which they will find no Science more immediately neceſſary (next to a good Acquaintance with the Word of GOD) than that which is recommended to them in the following Treatiſe; to which every Branch of Human Literature is *ſubordinate*, and ought to be *ſubſervient*. For certain it is, the great End of Philoſophy, both Natural and Moral, is to *know ourſelves*, and to *know GOD*. *The higheſt Learning is to be wiſe, and the greateſt Wiſdom is to be good;*

(a) See *Introduction to an Eſſay towards fixing the true Standard of Wit*, &c. *pag.* 20, 21.

good; as *Marcus Antoninus* ſomewhere obſerves.

It has often occurred to my Mind in digeſting my Thoughts upon this Subject, what a Pity it is that this moſt uſeful Science ſhould be ſo generally neglected in the modern Methods of Education; and that Preceptors and Tutors, both in publick and private Seminaries of Learning, ſhould forget that the *forming* the *Manners* is more neceſſary to a finiſhed Education than *furniſhing* the *Minds* of Youth. *Socrates* thought ſo, who *made all his Philoſophy ſubſervient to Morality* (*b*); and took more Pains to rectify the Tempers, than repleniſh the Underſtandings of his Pupils; and looked upon all Knowledge as uſeleſs Speculation, that was not brought to this End, to make the Perſon a *wiſer* or a *better* Man. And without doubt, if in the Academy the Youth has once happily learned the great Art of managing his Temper, governing his Paſſions, and guarding his Foibles, he will find a more ſolid Advantage from it in After-Life, than he could

(*b*) Totam philoſophiam revocavit ad mores. *Sen. Epiſt.* 72.

could expect from the beſt Acquaintance with all the Syſtems of antient and modern Philoſophy.

It was a very juſt and ſenſible Anſwer which *Ageſilaus* the *Spartan* King returned to one who aſked him, *What that was in which Youth ought principally to be inſtructed?* He replied, *that which they will have moſt need to practiſe when they are Men (c).* Were this ſingle Rule but carefully attended to in the Method of Education, it might probably be conducted in a Manner much more to the Advantage of our Youth than it ordinarily is. For as Dr. *Fuller* obſerves, *that Pains we take in Books or Arts, which treat of Things remote from the Uſe of Life, is but a buſy Idleneſs (d).* And what is there in Life which Youth will have more frequent Occaſion to practiſe than this? What is there which they afterwards more regret the Want of? What is there which they want a greater Help and Aſſiſtance in, than the right Government of their Paſſions and Prejudices? And what

(c) See *Plutarch*'s *Laconic* Apothegms under the Word *Ageſilaus.*

(d) *Rule of Life, pag.* 82.

more proper Seaſon to receive thoſe Aſſiſtances, and to lay a Foundation for this difficult but very important Science, than the early Part of Youth?

It may be ſaid, "it is properly the Office and Care of Parents to watch over "and correct the Tempers of their Children in the firſt Years of their Infancy, "when it may eaſily be done." But if it be not done effectual *then*, (as it very ſeldom is) there is the more Neceſſity for it afterwards. But the Truth is, it is the proper Office and Care of all who have the Charge of Youth, and ought to be looked upon as the moſt important and neceſſary Part of Education.

It was the Obſervation of a great Divine and Reformer, that *he who acquires his Learning at the Expence of his Morals is the worſe for his Education* (e). And we may add, that he who does not improve his Temper, together with his underſtanding, is not much the better for it. For he ought to meaſure his Progreſs in Science by

(e) Qui proficit in literis et deficit in moribus, non proficit ſed deficit. *Oecolampadius.* See *Hiſt. of Pop. Vol.* 2. *p.* 337.

by the Improvement of his Morals; and remember that he is no further a learned Man than he is a wiſe and good Man; and that he cannot be a finiſhed *Philoſopher* till he is a *Chriſtian* (*f*).

But whence is it that *moral* Philoſophy, which was ſo carefully cultivated in the antient Academy, ſhould be forced in the modern to give place to *natural*, that was originally deſigned to be ſubſervient to it? Which is to exalt the Handmaid into the Place of the Miſtreſs (*g*). Which appears not only a prepoſterous, but a pernicious Method of Inſtitution. For as the Mind takes a Turn of Thought in future Life,

(*f*) Te in ſcientiâ profeciſſe credas quantum in moribus fueris emendatior; eo uſque doctum, in quantum bonum; ità philoſophum, ut chriſtianum. *Præf. ad Nem.*

(*g*) Things were coming to this paſs ſo early as *Seneca*'s Time; who laments that plain and open *Truth* was turned into a dark and intricate *Science*. "Philoſophy (ſays he) is turned into Philology; "and that thro' the Fault both of Maſters and Scho- "lars; the one teach to diſpute not to live; and the "other come to them to mend their Wits, not their "Manners. — Whereas Philoſophy is nothing elſe "but a Rule of Life." Quid autem philoſophia, niſi vitæ lex eſt? *Epiſt.* 95.

ſuitable to the Tincture it hath received in Youth, it will naturally conclude, that there is no Neceſſity to regard, or at leaſt to lay any Streſs upon thoſe Things which were never inculcated upon it as Things of Importance *then.* And ſo will grow up in a Neglect or Diſeſteem of thoſe Things which are more neceſſary to make a Perſon a wiſe and truly underſtanding Man, than all thoſe Rudiments of Science he brought with him from the School or the College.

It is really a melancholy Thing to ſee a young Gentleman of ſhining Parts and a ſweet Diſpoſition, who has gone through the common Courſe of Academical Studies, come out into the World under an abſolute Government of his Paſſions and Prejudices; which have increaſed with his Learning, and which when he comes to be better acquainted with Human Life and Human Nature, he is ſoon ſenſible and aſhamed of; but perhaps is never able to conquer as long as he lives, for want of that Aſſiſtance which he ought to have received in his Education. For a wrong Education is one of thoſe *three Things* to which

which it is owing (as an antient Chriſtian Philoſopher juſtly obſerves) that ſo few have the right Government of their Paſſions *(b)*.

I would not be thought to diſparage any Part of Human Literature, but ſhould be glad to ſee this moſt uſeful Branch of Science, the Knowledge of the Heart, the detecting and correcting hurtful Prejudices, and the right Government of the Temper and Paſſions, in more general Eſteem; as neceſſary at once to form the Gentleman, the Scholar, and the Chriſtian.

And if there be any Thing in the following Sheets which may be helpful to Students, who have a Regard to the right Government of their Minds, whilſt they

(*b*) Εγγινονται δε τα φαυλα παθη τη ψυχη δια τριων τροπων· δια κακης αγωγης, εξ αμαθιας, υπο κακεξιας· μη αχθεντες γαρ καλως εκ παιδων ως δυναται χρατειν των παθων εις την αμεινσιαν αυτων εμπιμπλομεν.—— Bad Paſſions ſpring up in the Mind three Ways; *viz.* through a *bad Education*, great *Ignorance*, or a *Diſorder* in the *animal Frame*. (1) From a *bad Education*. For if we have not been taught from our Childhood to govern our *Paſſions*, with all poſſible Care, they will ſoon come to have the Government of *us*. *Nemeſ. de Nat. Hom. pag.* 182.

are furniſhing them with uſeful Knowledge, I would particularly recommend them to *their* Peruſal.

I have nothing further to add, but to deſire the Reader's Excuſe for the Freedom with which I have delivered my Sentiments in this Matter, and for detaining him ſo long from the Subject of the enſuing Treatiſe; which I now leave to his candid and ſerious Thoughts, and the Bleſſing of Almighty GOD to make it uſeful to him.

CON-

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ERRATA.

By Reaſon of the Author's Diſtance from the Preſs the following Errata have eſcaped it.

PAGE 4. l. 14. from the Bottom, for *maximi* read *maximè*. p. 15. l. ult. for *ſential* read *ſenſual*. p. 16. l. 3. for *Duſt* read *Doſt*. p. 20. l. 10. 12. from the Bottom, read *Kingdom*. p. 24. l. 4. read *Kingdom*. p 30. l. 2. from the Bottom, for *unaffective* read *unaffected*. p. 31. l. 19. for *and* read *of*. p. 34. l. 12. from the Bottom, read *ridiculous*. p. 36. l. 4. for *their* read *thine*. p. 53. l. 17. read *preparatory*. p. 62. l. 4. read *ſecret*. p. 66. l. 13. read *diſmiſs*. Id. l. 15. for *of* read *for*. p. 68. l. 11. from the Bottom, read *Influence*. p. 94. l. 9. read *Fornication*. p. 95. l. 8. from the Bottom, read *and*. Id. l. 3. from the Bottom, read *inſinuating*.

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A TREATISE OF SELF-KNOWLEDGE.

PART I.

CHAP. I.

The Nature and Importance of the Subject.

A DESIRE of Knowledge is natural to all Human Minds. And nothing diſcovers the true Quality and Diſpoſition of the Mind more, than the particular Kind of Knowledge it is moſt fond of.

Thus we ſee that low and little Minds are moſt delighted with the Knowledge of *Trifles*: as in Children. An indolent Mind, with that which ſerves only for *Amuſement*, or the Entertainment

of the Fancy. A curious Mind is beſt pleaſed with *Facts*. A judicious penetrating Mind, with *Demonſtration* and Mathematical Science. A worldly Mind eſteems no Knowledge like that of the *World*. But a wiſe and a pious Man before all other Kinds of Knowledge prefers that of GOD and his own *Soul*.

But ſome Kind of Knowledge or other the Mind is continually craving after: and after a further Proficiency in. And by conſidering what Kind of Knowledge it moſt of all deſires, its prevailing Turn and Temper may eaſily be known.

This *Deſire of Knowledge*, like other Affections planted in our Natures, will be very apt to lead us wrong, if it be not well regulated. When it is directed to improper Objects, or purſued in an improper Manner, it degenerates into a vain and criminal *Curioſity*. A fatal Inſtance of this in our firſt Parents, we have upon Sacred Record; the unhappy Effects of which are but too viſible in all.

Self-Knowledge is the Subject of the enſuing Treatiſe.—A Subject, which the more I think of, the more important and extenſive it appears. So important, that every Branch of it ſeems abſolutely neceſſary to the right Government of the Life and Temper. And ſo extenſive, that the nearer View we take of the ſeveral Branches of it, the more are ſtill opening to the View, as neceſſarily connected with it as the other. Like what we find in *microſcopical Obſervations* on natural Objects. The better the Glaſſes, and the nearer the Scruti-

ny,

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ny, the more Wonders we explore; and the more ſurprizing Diſcoveries we make of certain Properties, Parts, or Affections belonging to them, which were never before thought of. For in order to a true *Self-Knowledge*, the Human Mind with its various Powers and Operations muſt be narrowly inſpected; all its ſecret Bendings and Doublings diſplayed. Otherwiſe our Self-Acquaintance will be but very partial and defective; and the Heart after all will deceive us. So that in treating this Subject there is no ſmall Danger, either of doing Injury to it, by a ſlight and ſuperficial Inqueſt *on the one hand*, or of running into a Reſearch too minute and philoſophical for common Uſe *on the other*. Theſe two Extremes I ſhall keep in my Eye, and endeavour to ſteer a middle Courſe between them.

Know thyſelf, is one of the moſt uſeful and comprehenſive Precepts in the whole moral Syſtem. And it is well known in how great a Veneration this Maxim was held by the Antients; and in how high Eſteem the Duty of *Self-Examination*, as neceſſary to it.

Thales the Mileſian is ſaid to be the firſt Author of it *(a)*. Who uſed to ſay, that *for a Man to know himſelf is the hardeſt Thing in the World (b)*. It was afterwards adopted by *Chylon* the *Lacedemo-*

(a) He was the Prince of the Philoſophers, and flouriſhed about *A. M.* 3330, and was contemporary with *Joſiah* King of *Judah*.

(b) See *Stanley*'s Life of *Thales*.

nian; and is one of thoſe three Precepts which *Pliny* affirms to have been conſecrated at *Delphos* in golden Letters. It was afterwards greatly admired, and frequently uſed by others *(c)*. Till at length, it acquired the Authority of a Divine Oracle; and was ſuppoſed to have been given originally by *Apollo* himſelf. Of which general Opinion *Cicero* gives us this Reaſon; "becauſe "it hath ſuch a Weight of Senſe and Wiſdom in "it as appears too great to be attributed to any "Man *(d)*." And this Opinion, of its coming originally

(c) Reſpue quod non es: tollat ſua munera Cerdo.
Tecum habita: et noris quam ſit tibi curta ſupellex.
Perſ. Sat. 4.
.. .. nec te quæſiveris extra. *Id. Sat.* 1.
.. .. .. te conſule, dic tibi quis ſis. *Juv. Sat.* 11.
Teipſum concute. *Hor. lib.* 1. *Sat.* 3.
Bellum eſt enim ſua vitia noſſe *Cic. Epiſt. ad Atticum, lib.* 2.
Illud (γνωθι σεαυτον) noli putare ad arrogantiam minuendam ſolùm eſſe dictum, verùm etiam ut bona noſtra norimus. *Id. Epiſt. ad Mar. & Fratrem. Lib.* 3. *Epiſt.* 6.
Id enim maximè quemque decet quod eſt cujuſque ſuum maximi. Quiſque igitur noſcat Ingenium, acremque ſe et bonorum et vitiorum ſuorum Judicem præbeat. *Id. de Offic. lib.* 1.
Intrandum eſt igitur in rerum naturam, et penitus; quid ea poſtulat pervidendum; aliter enim noſmet ipſos noſſe non poſſumus. *Id. de Finibus, lib.* 5.

(d) Hæc enim (i. e. Philoſophia) nos, cùm cæteras res omnes, tum quod eſt difficillimum, docuit; ut [NOSMET IPSOS] noſceremus. Cujus Præcepti tanta vis, tanta ſententia eſt, ut ea non Homini cuipiam, ſed Delphico Deo tribueretur. *Cicero de Legib. lib.* 1.
Quod Præceptum quia majus erat quam ut ab Homine videretur, ideirco aſſignatum eſt Deo: Jubet igitur nos Pythius Apollo, noſcere [NOSMET IPSOS.] *Idem de Finibus, lib.* 5. *cap.* 16.

originally from *Apollo* himself, perhaps was the Reason that it was written in golden Capitals over the Door of his Temple at *Delphos*.

And why this excellent Precept should not be held in as high Esteem in the *Christian* World as it was in the *Heathen*, is hard to conceive. Human Nature is the same now as it was then. The Heart as deceitful; and the Necessity of Watching, knowing, and keeping it the same. Nor are we less assured that this Precept is Divine. Nay, we have a much greater Assurance of this than they had; they *supposed* it came down from Heaven, we know it did; what they conjectured, we are sure of. For this Sacred Oracle is dictated to us in a manifold Light, and explained to us in various Views by the Holy Spirit, in that Revelation which GOD hath been pleased to give us as our Guide to Duty and Happiness; by which *as in a Glass* we may survey ourselves, and know *what Manner of Persons we are* ‡.

This discovers ourselves to us; pierces into the inmost Recesses of the Mind; strips off every Disguise; lays open the *inward Part*; makes a strict Scrutiny into the very *Soul* and *Spirit*; and *critically judges of the Thoughts and Intents of the Heart* (*e*). It shows us with what Exactness and Care we are to search and try our Spirits, examine ourselves, and watch our Ways, and keep our Hearts, in order to acquire this important Self-Science; which

‡ *James* i. 23.

(*e*) Και κριτικος ενθυμησεων και εννοιων καρδιας. *Heb.* iv. 12.

it often calls us to do. *Examine yourſelves,*—— *Prove your ownſelves; Know you not yourſelves* (*f*)? *Let a Man examine himſelf,* 1 Cor. xi. 28. Our Saviour upbraids his Diſciples with their Self-Ignorance, in not knowing *what Manner of Spirits they were of,* Luke ix. 55. And ſaith the Apoſtle, *If a Man* (thro' Self-Ignorance) *thinketh himſelf to be Something when he is Nothing, he deceiveth himſelf. But let every Man prove his Work, and then ſhall he have rejoicing in himſelf and not in another,* Gal. vi. 3, 4. Here we are commanded, inſtead of *judging* others, to *judge* ourſelves; and to avoid the *inexcuſable Raſhneſs* of condemning others for the very Crimes we ourſelves are guilty of, *Rom.* ii. 1, 21, 22. which a Self-Ignorant Man is very apt to do; nay, to be more offended at a ſmall Blemiſh in another's Character, than at a greater in his own; which Folly, Self-Ignorance, and

(*f*) Ἑαυτὺς δοκιμαζέτε. 2 *Cor.* xiii. 5.——Tho' δοκιμαζειν ſignifies to *approve* as well as to *prove*, yet that our Tranſlators have hit upon the true Senſe of the Word here, in rendering it *prove* yourſelves, is apparent, not only from the Word immediately preceding (ἑαυτὺς πειραζετε) which is of the ſame Import, but becauſe *Self-Probation* is always neceſſary to a right *Self-Approbation*.

"Every Chriſtian ought to try himſelf, and may know himſelf if he be faithful in examining. The frequent Exhortations of Scripture hereunto imply both theſe, *viz.* that the Knowledge of ourſelves is attainable, and that we ſhould endeavour after it. Why ſhould the Apoſtle put them upon examining and proving themſelves, unleſs it was poſſible to know themſelves upon ſuch trying and proving?" *Bennet's Chriſt. Oratory, p.* 568.

and Hypocriſy, our Saviour with juſt Severity animadverts upon, *Mat.* vii. 3,—5.

And what Streſs was laid upon this under the Old Teſtament Diſpenſation appears ſufficiently from thoſe Expreſſions. *Keep thy Heart with all Diligence*, Prov. iv. 23. *Commune with your own Heart*, Pſal. iv. 4. *Search me, O GOD, and know my Heart; try me, and know my Thoughts*, Pſal. cxxxix. 23. *Examine me, O LORD, and prove me; try my Reins and my Heart*, Pſal. xxvi. 2. *Let us ſearch and try our Ways*, Lam. iii. 4. *Recollect, recollect yourſelves, O Nation not deſired* (*g*), Zeph. ii. 1.——And all this as neceſſary to that *Self-Acquaintance* which is the only proper Baſis of ſolid Peace (*h*).

Were Mankind but more generally convinced of the Importance and Neceſſity of this *Self-Knowledge*, and poſſeſſed with a due Eſteem for it; did they but know the true Way to attain it; and, under

(*g*) התקוששו וקושו ——the Verb (קשש) properly ſignifies *to glean*, or gather together ſcattered Sticks or Straws; as appears from all the Places where the Word is uſed in the Old Teſtament, (*Exod.* v. 7, 12. *Num.* xv. 32. 1 *Kings* xvii. 10.) Hence by an eaſy Metaphor it ſignifies *to recollect*, or gather the ſcattered Thoughts together; and ought to be ſo rendered, when uſed in the reflective Form, as here it is. So ſaith R. Kimchi, (קשש) eſt propriè ſtipulas colligere. Id fit accuratâ ſcrutatione, hinc dicitur de qualibet Inquiſitione. Whence I think it is evident that the Word ſhould be rendered as above.

(*h*) *Clemens Alexandrinus* ſaith that *Moſes* by that Phraſe, ſo common in his Writings, *Take heed to thyſelf*, (*Exod.* x. 28. xxxiv. 12. *Deut.* iv. 9.) means the ſame Thing as the Antients did by their γνωθι σεαυτον. *Storm. lib.* 2. *cap.* 15.

under a proper Senſe of its Excellence, and the fatal Effects of Self-Ignorance, did they but make it their Buſineſs and Study every Day to cultivate it; how ſoon ſhould we find a happy Alteration in the Manners and Spirits of Men! —But the Miſery of it is, Men will not *think*; will not employ their Thoughts, in good Earneſt, about the Things which moſt of all deſerve and demand them. By which unaccountable Indolence, Oſcitancy, and Averſion to Self-Reflection, they are led blindfold and inſenſibly into the moſt dangerous Paths of Infidelity and Wickedneſs, as the *Jews* were heretofore; of whoſe amazing Ingratitude and Apoſtacy GOD himſelf aſſigns this ſingle Cauſe; *My People do not conſider*, Iſai. i. 3 (*i*).

Self-Knowledge is that Acquaintance with ourſelves, which ſhews us what we are, and do, and ought to be, and do, in order to our living comfortably and uſefully here, and happily hereafter. The Means of it is *Self-Examination*; the End of it *Self-Government*, and *Self-Fruition*.—It principally conſiſts in the Knowledge of our *Souls*; which is attained by a particular Attention to their various Powers, Capacities, Paſſions, Inclinations, Operations, State, Happi-

(*i*) "There is nothing Men are more deficient in, than knowing their own Characters. I know not how this Science comes to be ſo much neglected. We ſpend a great deal of Time in learning uſeleſs Things, but take no Pains in the Study of ourſelves; and in opening the Folds and Doubles of the Heart." *Reflections on Ridicule, pag.* 61.

Happineſs, and Temper. For a Man's Soul is properly himſelf, *Mat.* xvi. 26. compared with *Luke* ix. 25 *(k)*. The Body is but the Houſe, the Soul is the Tenant that inhabits it; the Body is the Inſtrument, the Soul the Artiſt that directs it (*l*).

This Science, which is to be the Subject of the enſuing Treatiſe, hath theſe three peculiar Properties in it, which diſtinguiſh it from, and render it preferable to all other.—(1.) *It is equally attainable by all.* It requires no Strength of Memory, no Force of Genius, no Depth of Penetration, as many other Sciences do, to come at a tolerable Degree of Acquaintance with them; which therefore renders them *inacceſſible* by the greateſt Part of

(*k*) Præceptum Apollinis quo monet, ut ſe quiſque noſcat, non enim, credo, id præcipit; ut Membra noſtra aut Staturam Figuramque noſcamus: neque nos Corpora ſumus; neque ego, tibi dicens hoc, Corpori tuo dico: cum igitur NOSCE TE dicit, hoc dicit, Noſce animum tuum. Nam corpus quidem quaſi vas eſt, aut aliquod Animi Receptaculum; ab Animo tuo quicquid agitur id agitur a te. *Cic. Tuſcul. Quæſt. lib.* 1.

(*l*) 2 *Cor.* v. 1. *Rom.* vi. 13. —— η δυναμις ψυχης, το δε οργανον σωμαλος. *Nemeſ. de Nat. Hom. cap.* 6.

Μηδεποτε συμπεριφαινεζω το περικειμενον αγγειωδες, και τα οργανια ταυτα· τα περιπεπλασμενα, ομοια γαρ εζι σκεπαρνω, μονον δε διαφερουτα, καθοτι προσφυη εζιν. *Marc. Anton. lib.* x. § 37. When you talk of a Man, I would not have you tack Fleſh and Blood to the Notion, nor thoſe Limbs neither which are made out of it; theſe are but Tools for the Soul to work with; and no more a Part of a Man, than an Axe or a Plane is a Piece of a Carpenter. It is true, Nature hath glewed them together, and they grow as it were to the Soul, and there is all the Difference. *Collier.*

of Mankind. Nor is it plac'd out of their Reach through a Want of Opportunity, and proper Assistance and Direction how to acquire it; as many other Parts of Learning are. Every one of a common Capacity hath the Opportunity and Ability to acquire it, if he will but recollect his rambling Thoughts, turn them in upon himself, watch the Motions of his Heart, and compare them with his Rule.——(2.) *It is of equal Importance to all; and of the highest Importance to every one.** Other Sciences are suited to the various Conditions of Life. Some, more necessary to some; other, to others. But this equally concerns every one that hath an immortal Soul, whose final Happiness he desires and seeks.——(3.) *Other Knowledge is very apt to make a Man vain; this always keeps him humble.* Nay, it is always for want of *this* Knowledge that Men are vain of that they have. *Knowledge puffeth up*, 1 Cor. viii. 1. A small Degree of Knowledge often hath this Effect on weak Minds. And the Reason why greater Attainments in it have not so generally the same Effect is, because they open and enlarge the Views of the Mind so far, as to let into it at the same Time a good Degree of *Self-Knowledge*. For the more true Knowledge a Man hath, the more sensible he is of the Want of it; which keeps him humble.

And

* 'Tis Virtue only makes our Bliss below,
And all our Knowledge is OURSELVES TO KNOW.
Pope. Essay on Man.

And now, *Reader*, whoever thou art, whatever be thy Character, Station, or Diſtinction in Life, if thou art afraid to look into thine Heart, and haſt no Inclination to Self-Acquaintance, read no further; lay aſide this Book; for thou will find nothing here that will flatter thy Self-Eſteem; but perhaps ſomething that may abate it. But if thou art deſirous to cultivate this important Kind of Knowledge, and to live no longer a Stranger to thyſelf, proceed; and keep thy Eye open to thine own Image, with whatever unexpected Deformity it may preſent itſelf to thee; and patiently attend, whilſt, by Divine Aſſiſtance, I endeavour to lay open thine own Heart to thee, and lead thee to the true Knowledge of thyſelf in the following Chapters.

Chap. II.

The ſeveral Branches of Self-Knowledge. We muſt know what Sort of Creatures we are, and what we ſhall be.

THAT we may have a more diſtinct and orderly View of this Subject, I ſhall here conſider the ſeveral Branches of Self-Knowledge; or ſome of the chief Particulars wherein it conſiſts. Whereby perhaps it will appear to be a more copious and comprehenſive Science than we imagine. And,

(1.) To

(1.) To know ourſelves, is *to know and ſeriouſly conſider what Sort of Creatures we are, and what we ſhall be.*

(1.) *What we are.*

Man is a complex Being, τριμερης υποστασις, a *tripartite Perſon*; or a compound Creature made up of three diſtinct Parts, *viz.* the *Body* which is the earthly or mortal Part of him, the *Soul*, which is the animal or ſenſitive Part: and the *Spirit*, or *Mind*, which is the rational and immortal Part.*—Each of theſe three Parts have their

* This Doctrine I think is eſtabliſhed beyond all Diſpute, not only by Experience, but by Authority. It was received by almoſt all the antient Philoſophers. The *Pythagoreans*; as we learn from *Jamblicus*, *vid. Protrept. p.* 34, 35. The *Platoniſts*; as appears from *Nemeſius*, *Salluſt*, and *Laertius*, *vid. Di. Laertius*, *lib.* 3. *p.* 219. The *Stoicks*; as appears from *Antoninus*, who ſaith expreſsly, "there are three Things which belong to a Man; the "Body, Soul, and the Mind. And as to the Properties of the "Diviſion, Senſation belongs to the Body, Appetite to the Soul, "and Reaſon to the Mind, σωμα, ψυχη, νους, σωματος αισθησεις, ψυχης ορμαι, νω δογματα. *lib.* 3. § 16. *lib.* 2. § 2. *lib.* 12. § 3. ——It appears alſo to have been the Opinion of moſt of the Fathers, *vid. Irenæus*, *lib.* 5. *cap.* 9. *lib.* 2. *cap.* 33. *Ed. Par. Clem. Alex. Strom.* 3. *p.* 542. *Ed. Oxon. Origen. Philocal. p.* 8. *Ignat. Ep. ad Philadelph. ad. calcem.* See alſo *Joſeph. Antiq. lib.* 1. *cap.* 2. *p.* 5. *Conſtitut. Apoſtol. lib.* 7. *cap.* 34.——But above all theſe, is the Authority of Scripture; which ſpeaking of the original Formation of Man, mentions the three diſtinct Parts of his Nature, *Gen.* ii. 7. *viz.* עפר מן־האדמה *the Duſt of the Earth* or the *Body*: נפש חיה *the living Soul*, or the animal and ſenſitive Part: and נשמת חיים *the Breath of Life*, i. e. the Spirit or rational Mind. In like manner the Apoſtle *Paul* divides the *whole Man* into (το πνευμα, η ψυχη, και το σωμα) the *Spirit*, the *Soul*, and the

their respective Offices assigned them. And a Man then acts becoming himself, when he keeps them duly employed in their proper Functions, and preserves their natural Subordination.——But it is not enough to know this merely as a Point of Speculation; we must pursue and revolve the Thought, and urge the Consideration to all the Purposes of a Practical Self-Knowledge.

We are not all Body, nor mere animal Creatures. We find we have a more noble Nature than the inanimate or brutal Part of the Creation. We can not only move and act freely, but we observe in ourselves a Capacity of Reflection, Study, and Forecast; and various mental Operations, which irrational Animals discover no Symptoms of. *Our* Souls therefore must be of a more excellent Nature than *theirs*; and from the

C Power

the *Body*, 1 Thess. v. 23. and what he calls (πνευμα) here, he calls (νους) Rom. vii. 24. the Word which *Antoninus* uses to denote the same Thing.—— They who would see more of this may consult *Nemesius de Naturâ Hominis, cap.* 1. and *Whiston's Prim. Christ. vol.* 4. *pag.* 262.

All the Observation I shall make hereupon is, that this Consideration may serve to soften the Prejudices of some against the Account which Scripture gives us of the mysterious Manner of the Subsistance of the divine Nature; of which every Man (as *created in the Image of GOD*) carries about him a kind of Emblem, in the threefold Distinction of his own; which, if he did not every Minute find it by Experience to be Fact, would doubtless appear to him every whit as mysterious and incomprehensible as the *Scripture-Doctrine* of the Trinity.

" Homo habet tres Partes, Spiritum, Animam, et Corpus; " itaque Homo est Imago S. S. Trinitatis." *August. Tractat. de Symbolo.*

Power of Thought with which they are endowed, they are proved to be immaterial Subſtances. And conſequently in their own Nature capable of Immortality. And that they are actually immortal, or will never die, the Sacred Scriptures do abundantly teſtify *(m)*.——Let us then hereupon ſeriouſly recollect ourſelves in the following Soliloquy.

'O my Soul, look back but a few Years, and 'thou waſt Nothing!——And how didſt thou 'ſpring out of that Nothing?——Thou couldſt not 'make thyſelf. That is quite impoſſible.——Moſt 'certain it is, that *that* Almighty, ſelf-exiſtent 'and eternal Power, which made the World, 'made thee alſo out of Nothing. Called thee into 'Being when thou waſt not; gave thee theſe 'reaſoning and reflecting Faculties, which thou 'art now imploying in ſearching out the End and 'Happineſs of thy Nature.——It was He, O my 'Soul, that made thee intelligent and immortal. 'It was He that placed thee in this Body as in a 'Priſon;

(m) As Nature delights in the moſt eaſy Tranſitions from one Claſs of Being to another, and as the *Nexus utriuſque Generis* is obſervable in ſeveral Creatures of ambiguous Nature, which ſeem to connect the lifeleſs and vegetable, the vegetable and animal, the animal and rational Worlds together. (See *Nemeſius de Nat. Hom. cap. 1. p. 6.*) Why may not the Souls of Brutes be conſidered as the *Nexus* between material and immaterial Subſtances, or Matter and Spirit, or *ſomething between* both? The great Diſſimilitude of Nature, in theſe too Subſtances, I apprehend, can be no ſolid Objection to this *Hypotheſis*, if we conſider (beſide our own Ignorance of the Nature of Spirits) but how nearly they approach in other Inſtances, and how cloſely they are *united* in Man.

'Prison; where thy Capacities are cramped, thy 'Desires debased, and thy Liberty lost.—It was 'He that sent thee into this World, which by all 'Circumstances appears to be a State of short 'Discipline and Trial. And wherefore did He 'place thee here; when he might have made thee 'a more free, unconfined, and happy Spirit?— 'But check that Thought;—it looks like a too 'presumptuous Curiosity. A more needful and im-'portant Enquiry is; what did He place thee here 'for? And what doth He expect from thee, whilst 'thou art here?—What Part hath He alloted me to 'act on the Stage of Human Life; where He, An-'gels and Men, are Spectators of my Behaviour? 'The Part He hath given me to act here is, doubt-'less, a very important one; because it is for Eter-'nity *(n)*. And what is it, but to live up to the Dig-'nity of my rational and intellectual Nature; and 'as becomes a Creature born for Immortality?

'And tell me, O my Soul, (for as I am now 'about to cultivate a better Acquaintance with 'thee, to whom I have been too long a Stranger, 'I must try thee, and put many a close Question 'to thee,) tell me, I say, whilst thou confinest 'thy Desires to sential Gratifications, wherein

(n) It is said when the Prince of the Latin Poets was asked by his Friend, why he studied so much Accuracy in the Plan of his Poem, the Propriety of his Characters, and the Purity of his Diction; he replied, In æternum pingo, *I am writing for Eternity.* What more weighty Consideration to justify and inforce the utmost Vigilance and Circumspection of Life, than this; In æternum vivo, *I am living for Eternity?*

'doſt thou differ from the Beaſts *that periſh?* 'Captivated by bodily Appetites, doſt thou not 'act beneath thyſelf? Duſt thou not put thyſelf 'upon a Level with the lower Claſs of Beings, 'which were made to ſerve thee? Offer an In-'dignity to thyſelf, and deſpiſe the Work of thy 'Maker's Hands? O remember thy heavenly Ex-'tract; remember thou art a Spirit. Check 'then the Solicitations of the Fleſh; and dare to 'do nothing that may diminiſh thy native Ex-'cellence, diſhonour thy high Original, or de-'grade thy noble Nature (*o*).——But let me ſtill 'urge it. Conſider, (I ſay) O my ſoul, that thou 'art an immortal Spirit. Thy Body dies; but 'thou, *thou* muſt live for ever. and thine Eter-'nity will take its Tincture from the Manner 'of thy Behaviour, and the Habits thou contract-'eſt, during this thy ſhort Co-partnerſhip with 'Fleſh and Blood. O! do nothing now, but 'what thou mayeſt with Pleaſure look back upon 'a Million of Ages hence. For know, O my 'Soul, that thy Self-Conſciouſneſs and reflecting 'Faculties will not leave thee with thy Body; but 'will follow thee after Death, and be the In-'ſtrument

(*o*) Major ſum et ad majora natus, quam quod ſim corporis mancipium. Quod equidem non aliter aſpicio quam vinculum libertati meæ circumdatum. *Sen. Ep.* 66.

I am too noble, and of too high a Birth (ſaith that excellent Moraliſt) *to be a Slave to my Body; which I look upon only as a Chain thrown upon the Liberty of my Soul.*

'strument of unspeakable Pleasure or Torment 'to thee in that separate State of Existence *.'

(2.) In order to a full Acquaintance with ourselves, we must endeavour to know not only *what we are, but what we shall be.*

And O! what different Creatures shall we *soon* be, from what we *now* are! Let us look forward then, and frequently glance our Thoughts towards Death; tho' they cannot penetrate the Darkness of that Passage, or reach the State behind it. *That* lies vail'd from the Eyes of our Mind. And the great GOD hath not thought fit to through so much Light upon it, as to satisfy the anxious and inquisitive Desires the Soul hath to know it. However, let us make the best Use we can of that little Light which Scripture and Reason have let in upon this dark and important Subject.

'Compose thy Thoughts, O my Soul, and 'imagine how it will fare with thee, when thou 'goest a naked, unimbodied Spirit, into a World, 'an unknown World of Spirits, with all thy 'Self-Consciousness about thee, where no mate-'rial Object shall strike thine Eye; and where thy

* As it is not the Design of this Treatise to enter into a nice and philosophical Disquisition concerning the Nature of the Human Soul, but to awaken Men's Attention to the inward Operations and Affections of it, (which is by far the most necessary Part of Self-Knowledge) so they who would be more particularly informed concerning its Nature and Original, and the various Opinions of the Antients about it, may consult, *Nemes. de Nat. Hom. cap.* 1. and a Treatise called the *Government of the Thoughts, chap.* 1. and *Chambers's Cyclopædia*, under the Word SOUL.

'dear Partner and Companion the Body cannot 'come nigh thee. But where without it thou 'wilt be ſenſible of the moſt noble Satisfactions, 'or the moſt exquiſite Pains. Imbarked in Death, 'thy Paſſage will be dark; and the Shore, on 'which it will land thee, altogether ſtrange and 'unknown.—— *It doth not yet appear what we 'ſhall be (p).*'

That Revelation, which GOD hath been pleaſed to make of his Will to Mankind, was deſigned

(p) 'Thou muſt expire, my Soul, ordain'd to range
'Through unexperienc'd Scenes, and Myſteries ſtrange;
'Dark the Event, and diſmal the Exchange.
'But when compell'd to leave this Houſe of Clay,
'And to an unknown *Somewhere* wing thy Way.
'When Time ſhall be Eternity, and Thou
'Shalt be thou knoweſt not what, nor where nor how,
'Trembling and pale, what wilt thou ſee or do;
'Amazing State!—No Wonder that we dread
'The Thoughts of Death, or Faces of the Dead.
'His black Retinue ſorely ſtrikes our Mind;
'Sickneſs and Pain before, and Darkneſs all behind,
'Some courteous Ghoſt, the Secret then reveal;
'Tell us what you have felt, and we muſt feel.
'You warn us of approaching Death, and why
'Will you not teach us what it is to die?
'But having ſhot the Gulph, you love to view
'Succeeding Spirits plung'd along like you;
'Nor lend a friendly Hand to guide them through.
'When dire Diſeaſe ſhall cut, or Age untie
'The Knot of Life, and ſuffer us to die:
'When after ſome Delay, ſome trembling Strife,
'The Soul ſtands quiv'ring on the Ridge of Life;
'With Fear and Hope ſhe throbs, then curious tries
'Some ſtrange *Hereafter*, and ſome hidden Skies.'

Norris.

ſigned rather to fit us for the future Happineſs, and direct our Way to it, than open to us the particular Glories of it; or diſtinctly ſhew us what it is. This it hath left ſtill very much a Myſtery; to check our too curious Inquiries into the Nature of it, and to bend our Thoughts more intently to that which more concerns us, *viz.* an habitual Preparation for it. And what that is, we cannot be ignorant, if we believe either our Bible or our Reaſon. For both theſe aſſure us, that *that which makes us like to GOD, is the only Thing that can fit us for the Enjoyment of Him.*— Here then let us hold. Let our great Concern be, to be *Holy as he is Holy.* And then, and then only, are we ſure to enjoy him, *in whoſe Light we ſhall ſee Light.* And be the future State of Exiſtence what it will, we ſhall ſome Way be happy there. And much more happy than we can now conceive; tho' in what particular Manner, we know not, becauſe GOD hath not revealed it.

CHAP. III.

The ſeveral Relations in which we ſtand to GOD, to CHRIST, and our Fellow-Creatures.

II. SELF-KNOWLEDGE *requires us to be well acquainted with the various Relations in which we ſtand to other Beings, and the ſeveral*

ſeveral Duties that reſult from theſe Relations. And,

(1.) *Our firſt and principal Concern is to conſider the Relation we ſtand in to Him who gave us our Being.*

We are the Creatures of his Hand, and the Objects of his Care. His Power upholds the Being his Goodneſs gave us. His Bounty accommodates us with the Bleſſings of *this* Life, and his Grace provides for us the Happineſs of a better. —— Nor are we merely his Creatures, but his rational and intelligent Creatures. It is the Dignity of our Natures, that we are capable of knowing and enjoying him that made us. And as the rational Creatures of GOD, there are two Relations eſpecially that we ſtand in to Him; the frequent Conſideration of which is abſolutely neceſſary to a right *Self-Knowledge*. For as our Creator, He is our *King* and *Father*. And as his Creatures, we are the *Subjects* of his Kindom, and the *Children* of his Family.

(1.) *We are the Subjects of his Kindom.* And as ſuch we are bound,

(1.) To yield a faithful *Obedience* to the Laws of his Kingdom. —— And the Advantages by which theſe come recommended to us above all Human Laws are many. —— They are calculated for the *private* Intereſt of every one, as well as that of the Publick; and are deſigned to promote our preſent, as well as our future Happineſs. —— They are plainly and explicitly publiſhed; eaſily under-

underſtood; and in fair and legible Characters writ in every Man's Heart; and the Wiſdom, Reaſon, and Neceſſity of them are readily diſcerned. —— They are urged with the moſt mighty Motives that can poſſibly affect the Human Heart. —— And if any of them are difficult, the moſt effectual Grace is freely offered to encourage and aſſiſt our Obedience. Advantages which no Human Laws have to enforce the Obſervance of them. —— (2.) As his *Subjects* we muſt readily pay him the *Homage* due to his *Sovereignty*. And this is no leſs than the Homage of the Heart; humbly acknowledging that we hold every Thing of Him, and have every Thing from Him. Earthly Princes are forced to be content with verbal Acknowledgments or mere formal Homage. For they can command nothing but what is external. But GOD, who knows and looks at the Hearts of all his Creatures, will accept of nothing but what comes from thence. He demands the Adoration of our whole Souls, which is moſt juſtly due to him who formed them, and gave them the very Capacities to know and adore him. —— (3.) As faithful *Subjects*, we muſt chearfully pay him the *Tribute* he requires of us. This is not like the Tribute which earthly Kings exact; who as much depend upon their Subjects for the Support of their Power, as their Subjects do upon them for the Protection of their Property. But the Tribute GOD requires of us, is a Tribute of Praiſe and Honour; which he ſtands in no need of from us. For his Power is independent,

and

and his Glory immutable; and He is infinitely able of himſelf to ſupport the Dignity of his univerſal Government. But it is the moſt *natural* Duty we owe Him as Creatures. For to praiſe Him, is only to ſhew forth his Praiſe; to glorify Him, to celebrate his Glory; and to honour Him, is to render Him and his Ways honourable in the Eyes and Eſteem of others. And as this is the moſt natural Duty that Creatures owe to their Creator, ſo it is a Tribute He requires of every one of them in Proportion to their reſpective Talents, and Abilities to pay it. —— (4.) As dutiful *Subjects*, we muſt contentedly and quietly ſubmit to the *Methods* and *Adminiſtrations* of his Government, however dark, involved, or intricate. All Governments have their *Arcana Imperii*, or *Secrets of State*; which common Subjects cannot penetrate. And therefore they cannot competently judge of the Wiſdom or Rectitude of certain publick Meaſures; becauſe they are ignorant either of the Springs of them, or the Ends of them; or the Expediency of the Means, ariſing from the particular Situation of Things in the preſent Juncture. And how much truer is this with relation to GOD's Government of the World? whoſe Wiſdom is far above our Reach, and *whoſe Ways are not as ours*. Whatever, then, may be the preſent Aſpect and Appearance of Things, as dutiful Subjects we are bound to acquieſce; to aſcribe Wiſdom and *Righteouſneſs to our Maker*, in Confidence that the King and *Judge of all the Earth*

will

will do right. —— Again, (5.) As good Subjects of GOD's Kingdom, we are bound to pay a due Regard and Reverence to his *Ministers*. Especially if they discover an uncorrupted Fidelity to his Cause, and a pure unaffected Zeal for his Honour; if they do not seek their own Interest more than that of their Divine Master. The Ministers of earthly Princes too often do this. And it would be happy if all the Ministers and Ambassadors of the Heavenly King were intirely clear of the Imputation. —— It is no uncommon Thing for the Honour of an earthly Monarch to be wounded through the Sides of his Ministers. The Defamation and Slander that is directly thrown at *them*, is obliquely intended against *Him*. And as such it is taken. So to attempt to make the Ministers of the Gospel, in general, the Objects of Derision, as some do, plainly shews a Mind very dissolute and disaffected to GOD and Religion itself. And is to act a Part very unbecoming the dutiful Subjects of his Kindom. —— (Lastly,) As good Subjects, we are to do all we can to promote the *Interest* of his Kingdom; by defending the Wisdom of his Administrations and endeavouring to reconcile others thereunto, under all the Darkness and Difficulties that may appear in them; in Opposition to the profane Censures of the prosperous Wicked, and the Doubts and Dismays of the afflicted Righteous. —— This is to act in Character as loyal *Subjects* of the King of Heaven. And whoever forgets this Part of his Character,

Character, or acts contrary to it, ſhews a great Degree of *Self-Ignorance.*

But (2.) As the *Creatures* of GOD, we are not only the *Subjects of his Kindom*, but the *Children of his Family.* And to this Relation, and the Obligations of it, muſt we carefully attend, if we would attain the true Knowledge of ourſelves. —— We are his Children by *Creation*; in which reſpect He is truly our Father. Iſai. lxiv. 8. *But now O LORD, Thou art our Father: we are the Clay, and Thou our Potter; and we all are the Work of thine Hands.* And in a more ſpecial Sence we are his Children by *Adoption.* Gal. iii. 26. *For ye are all the Children of GOD by Faith in Chriſt Jeſus.* —— And therefore, (1.) We are under the higheſt Obligations to *love* Him as our Father. The Love of Children to Parents is founded on Gratitude, for Benefits received which can never be requited: and ought in Reaſon to be proportioned to thoſe Benefits; eſpecially if they flow from a Conſcience of Duty in the Parent. And what Duty more natural than to love our Benefactors? What Love and Gratitude then is due to Him, from whom we have received the greateſt Benefit, even that of our Being? And every Thing that contributes to the Comfort of it? —— (2.) As his Children we muſt *honour* Him; that is, muſt ſpeak honourably of Him, and for Him; and carefully avoid every Thing that may tend to diſhonour his holy Name and Ways. Malachi i. 6. *A Son honoureth his Father:*

ther: ——— *if then I be a Father where is mine Honour?* ——(3.) As our Father we are to *apply to* Him for what we want. Whither should Children go, but to their Father, for Protection, Help and Relief, in every Danger, Difficulty and Distress? —— And (4.) We must *trust* his Power and Wisdom, and Paternal Goodness to provide for us, take care of us, and do for us that which is best. And what that is He knows best. To be anxiously fearful what will become of us, and discontented and perplexed under the Apprehension of future Evils, whilst we are in the Hands and under the Care of our Father which is in Heaven, is not to act like *Children.* Earthly Parents cannot avert from their Children all the Calamities they fear, because their Wisdom and Power are limited; but our All-wise and Almighty Father in Heaven can. They may possibly want Love and Tenderness for *their* Offspring but our Heavenly Father connot for *his*, Isai. xlix. 15. ——(5.) As Children, we must quietly *acquiesce* in his Disposals and not expect to see into the Wisdom of all his Will. It would be indecent and undutiful in a Child to dispute his Parents Authority, or question their Wisdom, or neglect their Orders, every Time he could not discern the Reason and Design of them. Much more unreasonable and unbecoming is such a Behaviour towards GOD, *who giveth not Account of any of his Matters; whose Judgments are unsearchable, and whose Ways are past finding out,* Job xxxiii. 13.

Rom. xi. 33. ——(Laſtly,) As Children, we muſt patiently *ſubmit* to his *Diſcipline* and *Correction*. Earthly Parents may ſometimes puniſh their Children through Paſſion, or *for their Pleaſure*; but our Heavenly Father always corrects his for their *Profit*, Heb. xii. 10. and only if *need be*, 1 Pet. i. 6. And never ſo much *as their Iniquities deſerve*, Ezra ix. 13. ——Under his fatherly Rebukes then let us be ever humble and ſubmiſſive. ——Such now is the true filial Diſpoſition. Such a Temper and ſuch a Behaviour ſhould we ſhew towards GOD, if we would act in Character as his *Children*.

Theſe then are the two ſpecial Relations, which, as Creatures, we ſtand in to GOD. And not to act towards Him in the Manner before-mentioned, is to ſhow that we are ignorant of, or have not yet duly conſidered our Obligations to Him as his *Subjects* and his *Children*. Or that we are as yet ignorant both of *GOD* and *ourſelves*. —— Thus we ſee how directly the Knowledge of ourſelves leads us to the Knowledge of GOD. So true is the Obſervation of a late pious and very worthy Divine, that "He that is a Stranger to himſelf, is "a Stranger to GOD, and to every Thing that "may denominate him wiſe and happy (*q*)."

But (2.) in order to *know ourſelves* there is another important Relation we ſhould often think of, and

(*q*) See Mr. *Baxter*'s Dedicatory Epiſtle, prefixed to his Treatiſe on *the Benefits of Self-Acquaintance*.

and that is, *That in which we stand to* JESUS *CHRIST our Redeemer.*

The former was common to us as Men; this is peculiar to us as Christians. And opens to us a new Scene of Duties and Obligations; which a Man can never forget, that does not grosly forget himself, For as Christians, we are the Disciples, the Followers, and the Servants of Christ, redeemed by him.

And (1.) as the *Disciples* of Christ, we are to *learn* of Him. To take our religious Sentiments only from his Gospel, in Opposition to all the authoritative Dictates of Men; who are weak and fallible as ourselves. *Call no Man Master on Earth.* Whilst some affect to distinguish themselves by Party-Names, as the *Corinthians* formerly did, (for which the Apostle blames them) one saying, *I am of Paul*; another, *I am of Apollos*; another, *I am of Cephas*, 1 Cor. i. 12. let us remember that we are the Disciples of Christ; and in this Sense *make Mention of his Name only.* It is really injurious to it, to seek to distinguish ourselves by any other. There is more Carnality in such Party-Distinctions, Denominations and Attachments, than many good Souls are aware of; tho' not more than the Apostle *Paul* (who was unwillingly placed at the Head of one himself) hath apprised them of, 1 *Cor.* iii. 4. —— We are *of Christ*; our Concern is, to honour that superior Denomination, by living up to it. And to adhere inflexibly to his Gospel, as the only Rule

of our Faith, the Guide of our Life, and the Foundation of our Hope; whatever Contempt or Abuſe we may ſuffer either from the profane or bigotted Part of Mankind for ſo doing. — (2.) As Chriſtians we are *Followers* of CHRIST; and therefore bound to *imitate* Him, and copy after that moſt excellent Pattern He hath ſet us, *who hath left us an example that we ſhould follow his Steps*, 1 Pet. ii. 21. To ſee that the *ſame* holy Temper *be in us which was in Him*; and to diſcover it in the ſame Manner He did, and upon like Occaſions. To this He calls us, *Mat.* xi. 29. And no Man is any further a Chriſtian, than as he is a Follower of Chriſt; aiming at a more perfect Conformity to that moſt perfect Example which He hath ſet us of univerſal Goodneſs. —— (3.) As Chriſtians we are the *Servants* of CHRIST. And the various Duties which Servants owe to their Maſters in any Degree, thoſe we owe to Him in the higheſt Degree; who expects we ſhould behave ourſelves in his Service with that Fidelity and Zeal, and ſteady Regard to his Honour and Intereſt, at all Times, which we are bound to by Virtue of this Relation; and which his unmerited and unlimited Goodneſs and Love lay us under infinite Obligations to. —— (Laſtly,) We are moreover his *Redeemed* Servants: and as ſuch are under the ſtrongeſt Motives to *love* and *truſt* Him.

This deſerves to be more particularly conſidered, becauſe it opens to us another View of the Human Nature, in which we ſhould often ſurvey ourſelves,

ourſelves, if we deſire to know ourſelves; and that is, as *depraved* or *degenerate* Beings. The inward Conteſt we ſo ſenſibly feel, at ſome Seaſons eſpecially, between a good and a bad Principle, (called in Scripture-Language the *Fleſh* and the *Spirit*,) of which ſome of the wiſeſt Heathens ſeemed not to be ignorant ‡; this, I ſay, is Demonſtration that ſome Way or other the Human Nature has contracted an ill Bias, (and how that came about the Sacred Scriptures have ſufficiently informed us,) and that it is not what it was when it came originally out of the Hands of its Maker; ſo that the Words which St. *Paul* ſpake with reference to the Jews in particular are juſtly applicable to the preſent State of Mankind in general, *there is none righteous no not one*; ——— *they are all gone out of the Way, they are together become unprofitable, there is none that doth good, no not one.* *

This is a very mortifying Thought; but an undeniable Truth, and one of the firſt Principles of that Science we are treating of; and very neceſſary to be attended to, if we would be ſenſible of the Duty and Obligations we owe to Chriſt as the great REDEEMER; in which Character he appears for the Relief and Recovery of Mankind under this their univerſal Depravity.

‡ Αυγεη γαρ συνοπαδον, ερις βλαπτουσα λελητεν
Συμφυλον. *Pythag. Aur. Carm.*
A fatal inbred Strife does lurk within,
The Cauſe of all this Miſery and Sin.

* *Rom.* iii. 10, 12.

The two miſerable Effects of the Human Apoſtacy are, (1.) That perverſe Diſpoſitions grow up in our Minds from early Infancy, that ſoon ſettle into vicious Habits, which render us weak and unwilling to obey the Dictates of Conſcience and Reaſon, and is commonly called the *Dominion* of Sin. And, (2.) At the ſame Time we are ſubject to the Diſpleaſure of GOD, and the Penalty of his Law; which is commonly called the *Condemnation* of Sin. Now in both theſe Reſpects did Chriſt *the Lamb of GOD come to take away the Sin of the World*; that is, to take away the *reigning* Power of it by the Opperation of his Grace; and the *condemning* Power of it by the Atonement of his Blood; to ſanctify us by his Spirit, and juſtify us by his Death; by the former he reconciles us to GOD, and by the latter he reconciles GOD to us; and is at once our *Righteouſneſs* and *Strength*. He died to purchaſe for us the Happineſs we had forfeited, and ſends his Grace and Spirit to fit us for that Happineſs he hath thus purchaſed. So compleat is his Redemption! ſo ſuitably adapted is the Remedy he hath provided, to the Malady we had contracted! —— 'O 'Bleſſed Redeemer of wretched ruined Creatures, 'how unſpeakable are the Obligations I owe thee! 'But, Ah! How inſenſible am I of thoſe Obli-'gations! the ſaddeſt Symptom of Degeneracy I 'find in my Nature, is that baſe Ingratitude of 'Heart which renders me ſo unaffective with thine 'aſtoniſhing Compaſſions. Till I know thee, I

'cannot

'cannot know myſelf: and when I ſurvey my-
'ſelf, may I ever think of thee! May the daily
'Conſciouſneſs of my Weakneſs and Guilt lead
'my Thoughts to thee; and may every Thought
'of thee kindle in my Heart the moſt ardent
'Glow of Gratitude to thee, O thou Divine,
'Compaſſionate Friend, Lover, and REDEEM-
'ER of Mankind!'

Whoever then he be that calls himſelf a Chriſtian, that is, who profeſſes to take the Goſpel of Chriſt for a Divine Revelation, and the only Rule of his Faith and Practice; but, at the ſame Time, pays a greater Regard to the Dictates of Men, than to the Doctrines of CHRIST; who loſes Sight of that great *Example* of Chriſt, which ſhould animate his Chriſtian Walk, is unconcerned about his *Service*, *Honour* and *Intereſt*, and excludes the Conſideration of his *Merits* and *Atonement*, from his Hope and Happineſs; he forgets that he is a *Chriſtian*; —— he does not conſider in what Relation he ſtands to CHRIST, (which is one great Part of his Character,) and conſequently diſcovers a great Degree of *Self-Ignorance*.

(3.) *Self-Knowledge* moreover implies a due Attention to the ſeveral *Relations* in which we ſtand to our *Fellow-Creatures*: and the Obligations that reſult from thence.

If we know ourſelves, we ſhall remember the Condeſcention, Benignity, and Love that is due to Inferiors: the Affability, Friendſhip, and Kind-

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neſs we ought to ſhow to Equals; the Regard, Deference, and Honour we owe to Superiors: and the Candour, Integrity, and Benevolence, we owe to all.

The particular Duties requiſite in theſe Relations are too numerous to be here mentioned. Let it ſuffice to ſay, that if a Man doth not well conſider the ſeveral Relations of Life in which he ſtands to others, and does not take care to preſerve the Decorum and Propriety of thoſe Relations, he may juſtly be charged with *Self-Ignorance*.

And this is ſo evident in itſelf, and ſo generally allowed, that nothing is more common than to ſay, when a Perſon does not behave with due Decency towards his Superiors, ſuch a one does not *underſtand himſelf*. But why may not this with equal Juſtice be ſaid of thoſe who act in an ill Manner towards their Inferiors? The Expreſſion, I know, is not ſo often thus applied; but I ſee no Reaſon why it ſhould not, ſince one is as common, and as plain an Inſtance of Self-Ignorance as the other. Nay, of the two, perhaps Men in general are more apt to be defective in their Duty and Behaviour towards thoſe beneath them, than they are towards thoſe that are above them. And the Reaſon ſeems to be, becauſe an Apprehenſion of the Diſpleaſure of their Superiors, and the detrimental Conſequences which may accrue from thence, may be a Check upon them, and engage them to pay the juſt Regards which they expect. But there being no ſuch Check

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to restrain them from violating the Duties they owe to Inferiors, (from whose Displeasure they have little to fear) they are more ready under certain Temptations to treat them in an unbecoming Manner. And as Wisdom and Self-Knowledge will direct a Man to be particularly careful, lest he neglect those Duties he is most apt to forget; so, as to the Duties he owes to Inferiors, in which he is most in Danger of transgressing, he ought more strongly to urge upon himself the indispensable Obligations of Religion and Conscience. And if he does not, but suffers himself through the Violence of ungoverned Passion to be transported into the Excesses of Rigour, Tyranny, and Oppression, towards those whom God and Nature have put into his Power, it is certain he does not *know himself*; is not acquainted with his own particular Weakness: is ignorant of the Duty of his Relation: and, whatever he may think of himself, hath not the true Spirit of Government; because he wants the Art of Self-Government. For he that is unable to govern himself, can never be fit to govern others.

Would we *know ourselves* then, we must consider ourselves as *Creatures*, as *Christians*, and as *Men*; and remember the Obligations, which, as such, we are under to GOD, to CHRIST, and our *Fellow-MEN*; in the several *Relations* in which we stand to them: in order to maintain the Propriety, and fulfil the Duties, of those Relations.

CHAP.

CHAP. IV.

We muſt duly conſider the Rank and Station of Life in which Providence hath placed us, and what it is that becomes and adorns it.

III. A MAN *that knows himſelf, will deliberately conſider and attend to the particular Rank and Station in Life in which Providence hath placed him; and what is the Duty and Decorum of* that *Station: what Part is given him to act, what Character to maintain; and with what Decency and Propriety he acts* that *Part, or maintains* that *Character.*

For a Man to aſſume a Character, or aim at a Part, that does not belong to him, is Affectation. And whence is it that Affectation of any Kind appears ſo rediculous, and expoſes Men to univerſal and juſt Contempt; but becauſe it is a certain Indication of Self-Ignorance? Whence is it that many ſeem ſo willing to be thought *Something, when they are Nothing:* and ſeek to excel in thoſe Things in which they cannot; whilſt they neglect thoſe Things in which they might excel; Whence is it that they counter-act the Intention of Nature and Providence; that when this intended them one Thing, they would fain be another? Whence I ſay, but from an Ignorance of themſelves, the Rank of Life they are in,

in, and the Part and Character which properly belongs to them?

It is a juſt Obſervation, and an excellent Document of a moral Heathen, that Human Life is a 'Drama, and Mankind the Actors, who 'have their ſeveral Parts aſſigned them by the 'Maſter of the Theatre, who ſtands behind 'the Scenes, and obſerves in what Manner every 'one acts. Some have a ſhort Part allotted them, 'and ſome a long one: ſome a low, and ſome 'a high one. It is not he that acts the higheſt 'or moſt ſhining Part on the Stage, that comes 'off with the greateſt Applauſe; but he that acts 'his Part beſt, whatever it be. To take care 'then to act our reſpective Parts in Life well, 'is ours; but to chuſe what Part in Life we 'ſhall act, is not ours, but GOD's' (*r*).—— But a Man can never act his Part well, if he does not attend to it; does not know what becomes it; much leſs, if he affect to act another, which does not belong to him. It is always *Self-Ignorance* that leads a Man to act out of Character.

Is it a mean and low Station of Life thou art in?—— Know then, that Providence calls thee to the Exerciſe of Induſtry, Contentment, Submiſſion,

(*r*) *Epictet. Enchir. cap.* 23.—— Quomodo fabula, ſic vita: non quam diu, ſed quam bene acta ſit, refert. *Sen. Ep.* 69. *ad fin. Life is a Stage-Play; it matters not how long we act, ſo we act well.*—— Non eſt bonum, vivere, ſed bene vivere. *Id. de Benef. lib.* 3. *cap.* 31. *It is not Life, but living well,* that is the Bleſſing.

miſſion, Patience, Hope, and humble Dependance on Him, and a reſpectful Deference to thy Superiors. In this Way thou mayeſt ſhine through their Obſcurity; and render thyſelf amiable in the Sight of GOD and Man. And not only ſo, but find more Satisfaction, Safety, and Self-Injoyment, than they who move in a higher Sphere, from whence they are in Danger of falling.

But hath Providence called thee to act in a more publick Character, and for a more extenſive Benefit to the World? —— Thy firſt Care then ought to be, that thy Example, as far as its Influence reaches, may be an Encouragement to the Practice of univerſal Virtue. And next, to ſhine in thoſe Virtues eſpecially which beſt adorn thy Station; as, Benevolence, Charity, Wiſdom, Moderation, Firmneſs, and inviolable Integrity: with an undiſmayed Fortitude to preſs through all Oppoſition in accompliſhing thoſe Ends which thou haſt a Proſpect and Probability of attaining for the apparent Good of Mankind.

And as Self-Acquaintance will teach us what Part in Life we ought to act, ſo the Knowledge of that will ſhew us whom we ought to imitate and wherein. We are not to take Example of Conduct from thoſe who have a very different Part aſſigned them from ours; unleſs in thoſe Things that are univerſally ornamental and exemplary. If we do, we ſhall but expoſe our Affectation and Weakneſs, and ourſelves to Contempt for acting out of Character. For what is decent

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in one may be ridiculous in another. Nor muſt we *blindly* follow thoſe who move in the ſame Sphere, and ſuſtain the ſame Character with ourſelves; but only in thoſe Things that are befitting that Character. For it is not the Perſon, but the Character, we are to regard; and to imitate him no further than he keeps to that.

This Caution eſpecially concerns Youth, who are apt to imitate their Superiors very implicitly, eſpecially ſuch as excel in the Part or Profeſſion they themſelves are aiming at: but, for Want of Judgment to diſtinguiſh what is fit and decent, are apt to imitate their very Foibles; which a Partiality for their Perſons makes them deem as Excellencies: and thereby they become doubly ridiculous, both by acting out of Character themſelves, and by a weak and ſervile Imitation of others in the very Things in which they do ſo too. To maintain a Character then with Decency, we muſt keep our Eye only upon that which is proper to it.

In fine, as no Man can excel in every Thing, we muſt conſider what Part is allotted us to act, in the Station in which Providence hath placed us, and keep to that, be it what it will, and ſeek to excel in that only.

CHAP. V.

Every Man ſhould be well acquainted with his own Talents and Capacities; and in what Manner they are to be exerciſed and improved to the greateſt Advantage.

IV. A MAN *cannot be ſaid to know himſelf, till he is well acquainted with his proper* Talents *and* Capacities; *knows for what Ends he received them; and how they may be moſt fitly applied and improved for thoſe Ends.*

A wiſe and ſelf-underſtanding Man, inſtead of aiming at Talents he hath not, will ſet about cultivating thoſe he hath; as the Way in which Providence points out his proper Uſefulneſs.

As in order to the Edification of the Church, the Spirit of God at firſt conferred upon the Miniſters of it a great Variety of *Spiritual Gifts*, 1 Cor. xii. 8, —— 10. ſo for the Good of the Community, GOD is pleaſed now to confer upon Men a great Variety of *Natural Talents*. And *every one hath his proper Gift of GOD; one after this Manner, another after that*, 1 Cor. vii. 7. And every one is to take care *not to neglect*, but *to ſtir up the Gift of GOD* which *is in him*, 1 Tim. iv. 14. 2 Tim. i. 6. Becauſe it was given him to be improved. And not only the Abuſe, but the Neglect of it muſt be hereafter accounted for. Witneſs

Witneſs the Doom of that *unprofitable Servant*, who *laid up his* ſingle *Pound in a Napkin*, Luke xix. 20, 24. And of him who went and *hid his Talent in the Earth*, Mat. xxv. 25, 30.

It is certainly a Sign of great *Self-Ignorance*, for a Man to venture out of his Depth, or attempt any Thing he wants Opportunity or Capacity to accompliſh. And therefore a wiſe Man will conſider with himſelf, before he undertakes any Thing of Conſequence, whether he hath Abilities to carry him through it, and whether the Iſſue of it is like to be for his Credit; leſt he ſink under the Weight he lays upon himſelf, and incur the juſt Cenſure of Raſhneſs, Preſumption, and Folly; ſee *Luke* xiv. 28, —— 32 *(s)*.

It is no uncommon Thing for ſome who excel in one Thing, to imagine they may excel in every Thing. And not content with that Share

(s) ——————————Buccæ
Noſcenda eſt menſura tuæ, ſpectandaque rebus
In ſummis, minimis,——————

Juv. Sat. 11.

——————verſate diu quid ferre recuſant
Quid valeant Humeri.——————

Hor. de Art. Poet.

He that takes up a Burden that is too heavy for him, is in a fair Way to break his Back.

Ανθρωπε, πρωτον επισκεψαι, οποιον εςι το πραγμα· εἰτα και την σεαυτου φυσιν καταμαθε, ει δυνασαι βαςασαι. *Epict. Enchir. cap.* 36.

In every Buſineſs conſider, firſt, what it is you are about; and then your own Ability, whether it be ſufficient to carry you through it.

of Merit which every one allows them, are ſtill catching at that which doth not belong to them. Why ſhould a good Orator affect to be a Poet? Why muſt a celebrated Divine ſet up for a Politician? Or a Stateſman affect the Philoſopher? Or a Mechanick, the Scholar? Or a wiſe Man labour to be thought a Wit? This is a Weakneſs that flows from *Self-Ignorance*, and is incident to the greateſt Men. Nature ſeldom forms a univerſal Genius; but deals out her Favours in the preſent State with a parcimonious Hand. —— Many a Man by this Foible hath weakened a well-eſtabliſh Reputation *(t)*.

(t) ——————non omnia poſſumus omnes. *Virg.*

Cæcilius, a famous Rhetorician of *Sicily*, who lived in the Time of *Auguſtus*, and writ a Treatiſe on the *Sublime*, (which is cenſured by *Longinus* in the Beginning of his) was a Man of a haſty and enterpriſing Spirit, and very apt to over-ſhoot himſelf on all Occaſions; and particularly ventured far out of his Depth in his *Compariſon of Demoſthenes and Cicero*. Whereupon *Plutarch* makes this ſage and candid Remark. "If (ſaith he) it was a Thing "obvious and eaſy for every Man to know himſelf, poſſibly that "Saying, γνωθι σεαυτον, had not paſſed for a Divine Oracle." *Plut. Liv. Vol.* vii. *pag.* 347.

CHAP.

CHAP. VI.

We muſt be well acquainted with our Inabilities, and thoſe Things in which we are naturally deficient, as well as thoſe in which we excel.

V. WE *muſt, in order to a thorough Self-Acquaintance, not only conſider our Talents and proper* Abilities, *but have an Eye to our Frailties and* Deficiences; *that we may know where our* Weakneſs, *as well as our* Strength, *lies.* —— Otherwiſe, like *Sampſon*, we may run ourſelves into infinite Temptations and Troubles.

Every Man hath a weak Side. Every wiſe Man knows where it is, and will be ſure to keep a double Guard there.

There is ſome Wiſdom in concealing a Weakneſs. This cannot be done, till it be firſt known; nor can it be known without a good Degree of Self-Acquaintance.

It is ſtrange to obſerve what Pains ſome Men are at to expoſe themſelves; to ſignalize their own Folly; and to ſet out to the moſt publick View thoſe Things, which they ought to be aſhamed to think ſhould ever enter into their Character. But ſo it is; ſome Men ſeem to be aſhamed of thoſe Things which ſhould be their Glory, whilſt others *glory in their Shame*, Phil. iii. 19.

The greateſt Weakneſs in a Man is to publiſh his Weakneſſes, and to appear fond to have them known. But Vanity will often prompt a Man to this; who, unacquainted with the Meaſure of his Capacities, attempts Things out of his Power, and beyond his Reach; whereby he makes the World acquainted with two Things to his Diſadvantage, which they were ignorant of before; *viz.* his *Deficiency*, and his *Self-Ignorance* in appearing ſo blind to it.

It is ill-judged (tho' very common) to be leſs aſhamed of a Want of Temper, than Underſtanding. For it is no real Diſhonour or Fault in a Man to have but a ſmall Ability of Mind, provided he hath not the Vanity to ſet up for a Genius, (which would be as ridiculous, as for a Man of ſmall Strength and Stature of Body, to ſet up for a Champion) becauſe this is what he cannot help. But a Man may in a good meaſure correct the Fault of his natural Temper, if he be well acquainted with it, and duly watchful over it. And therefore to betray a prevailing Weakneſs of Temper, or an ungoverned Paſſion, diminiſhes a Man's Reputation much more than to diſcover a Weakneſs of Judgment or Underſtanding. —— But what is moſt diſhonourable of all is, for a Man at once to diſcover a great Genius and an ungoverned Mind. Becauſe that Strength of Reaſon and Underſtanding he is Maſter of, gives him a great Advantage for the Government of his Paſſions. And therefore

fore his ſuffering himſelf notwithſtanding to be governed by them ſhews, that he hath too much neglected or miſapplyed his natural Talent; and willingly ſubmitted to the Tyranny of thoſe Luſts and Paſſions, over which Nature had furniſhed him with Abilities to have ſecured an eaſy Conqueſt.

A wiſe Man hath his Foibles as well as a Fool. But the Difference between them is, that the Foibles of the one are known to himſelf, and concealed from the World; the Foibles of the other are known to the World, and concealed from himſelf. The wiſe Man ſees thoſe Frailties in himſelf, which others cannot; but the Fool is blind to thoſe Blemiſhes in his Character, which are conſpicuous to every body elſe. Whence it appears that *Self-Knowledge* is that which makes the main Difference between a wiſe Man and a Fool, in the moral Senſe of that Word.

CHAP. VII.

Concerning the Knowledge of our Conſtitutional Sins.

VI. SELF-ACQUAINTANCE *ſhews a Man the particular Sins he is moſt expoſed and addicted to; and diſcovers not only what is* ridiculous, *but what is* criminal, *in his Conduct and Temper.*

The

The outward Actions of a Man are generally the plaineſt Index of his inward Diſpoſitions. And by the allowed Sins of his Life you may know the reigning Vices of his Mind. Is he addicted to Luxury and Debauch? Senſuality then appears to be his prevailing Taſte. Is he given to Revenge and Cruelty? Choler and Malice then reign in his Heart. Is he confident, bold and enterprizing? Ambition appears to be the ſecret Spring. Is he ſly and deſigning, given to Intrigue and Artifice? You may conclude, there is a natural Subtilty of Temper that prompts him to this. And this ſecret Diſpoſition is criminal, in Proportion to the Degree in which theſe outward Actions, which ſpring from it, tranſgreſs the Bounds of Reaſon and Virtue.

Every Man hath Something peculiar in the Turn or Caſt of his Mind, which diſtinguiſhes him as much as the particular Conſtitution of his Body. And both theſe, *viz.* his particular Turn of Mind, and particular Conſtitution of Body, incline and diſpoſe him to ſome kind of Sins, much more than to others. And the ſame it is that renders the Practice of certain Virtues ſo much more eaſy to ſome than it is to others. *

Now

* Men, with regard to their Bodies and bodily Appetites, are pretty much alike; but, with regard to their Souls, and their mental Taſtes and Diſpoſitions, they are often as different as if they were quite of another Species; governed by different Views, entertained with different Pleaſures, animated with different Hopes, and affected by different Motives, and diſtinguiſhed by

as

Now theſe Sins which Men generally are moſt ſtrongly inclined to, and the Temptations to which they find they have leaſt Power to reſiſt, are uſually and properly called their *Conſtitutional* Sins; their *peculiar* Frailties; and, in Scripture, their *own Iniquities*, Pſal. xviii. 23. and the Sins which *do moſt eaſily beſet them*, Heb. xii. 1 *(u)*.

'As in the Humours of the Body, ſo in the 'Vices of the Mind, there is one predominant; 'which has an Aſcendant over us, and leads and 'governs us. It is in the Body of Sin, what the 'Heart is in the Body of our Nature; it begins 'to live firſt, and dies laſt. And whilſt it lives, 'it communicates Life and Spirit to the whole 'Body of Sin; and when it dies, the Body of 'Sin

as different Tempers and Inclinations, as if they were not of the ſame Kind. So that I am very ready to believe, that there is not a greater Difference between an Angel, and ſome of the beſt and wiſeſt of Men; or between a Devil, and ſome of the worſt and wickedeſt of Men, with regard to their Tempers and Diſpoſitions, than there is between ſome Sort of Men, and ſome others. And what inclines me to this Sentiment is, conſidering the eaſy Tranſition which Nature always obſerves in paſſing from one Order or Kind of Beings to another, (which I have before taken notice of) together with the prodigious Difference there appears to be between ſome and others of the Human Species, almoſt in every Thing belonging to their Souls. For ſome there are, "in whom (as one expreſſes it) one would think Nature had "placed every Thing the wrong Way;" depraved in their Opinions, unintelligible in their Reaſoning, irregular in their Actions, and vicious in every Diſpoſition. Whilſt in ſome others we ſee almoſt every Thing amiable and excellent, that can adorn and exalt the Human Mind, under the Diſadvantages of Mortality.

(u) η αμαρτια ευπεριστατος, *the well-circumſtanced Sin.*

'Sin expires with it. It is the Sin to which our 'Conſtitution leads, our Circumſtances betray, 'and Cuſtom inſlaves us; the Sin to which not 'our Virtues only, but Vices too, lower their 'Topſail, and ſubmit; the Sin, which when we 'would impoſe upon GOD and our Conſciences, 'we excuſe and diſguiſe with all imaginable Ar-'tifice and Sophiſtry; but, when we are ſincere 'with both, we oppoſe firſt, and conquer laſt. 'It is, in a Word, the Sin which reigns and 'rules in the Unregenerate, and too often alarms 'and diſturbs (ah! that I could ſay no more) the 'Regenerate' *(w)*.

Some are more inclined to the Sins of the *Fleſh*; Senſuality, Intemperance, Uncleanneſs, Sloth, Self-Indulgence, and Exceſs in animal Gratifications. Others more inclined to the Sins of the *Spirit*; Pride, Malice, Covetouſneſs, Ambition, Wrath, Revenge, Envy, *&c.* And I am perſwaded there are few, but, upon a thorough Search into themſelves, may find that ſome one of theſe Sins hath ordinarily a greater Power over them than the reſt. Others often obſerve it in them, if they themſelves do not. And for a Man not to know his predominant Iniquity is great Self-Ignorance indeed; and a Sign that he has all his Life lived far from Home; becauſe he is not acquainted with *that* in himſelf, which every one, who is but Half an Hour in his Company, perhaps may be able to inform him of. Hence proceeds

(w) See Dr. *Lucas*'s Sermons, *Vol.* i. *pag.* 151.

proceeds that extream Weakneſs which ſome diſcover in cenſuring others, for the very ſame Faults they are guilty of themſelves, and perhaps in a much higher Degree; on which the Apoſtle *Paul* animadverts, *Rom.* ii. 1 (*x*).

It muſt be owned, it is an irkſome and diſagreeable Buſineſs for a Man to turn his own Accuſer; to ſearch after his own Faults, and keep his Eye upon that which it gives him Shame and Pain to ſee. It is like tearing open an old Wound. But it is better to do this, than to let it mortify. The Wounds of the Conſcience, like thoſe of the Body, cannot be well cured till they are ſearched to the Bottom; and they cannot be ſearched without Pain. A Man, that is engaged in the Study of himſelf, muſt be content to know the worſt of himſelf (*y*).

Do not therefore ſhut your Eyes againſt your darling Sin, or be averſe to find it out. Why ſhould you ſtudy to conceal or excuſe it; and fondly cheriſh

(*x*) Quis tulerit *Gracchos* de ſeditione querentes?
Clodius accuſat Mæchos? *Catalina Cethegum?*
Juv. Sat. 12.

(*y*) O nimis gravis anguſtia! Si me inſpicio, non tolero meipſum: ſi non inſpicio, neſcio meipſum. Si me conſidero, terret me Facies mea: ſi me non conſidero, fallit me Damnatio mea. Si me video, Horror eſt intolerabilis: ſi non video, Mors eſt inevitabilis. —— *O grievous Streight! If I look into myſelf, I cannot endure myſelf: If I look not into myſelf, I cannot know myſelf. If I conſider myſelf, my own Face affrights me: if I conſider not myſelf, my Damnation deceives me. If I ſee myſelf, my Horror is intolerable: if I ſee not myſelf, Death is unavoidable. Anſelme.*

cheriſh that Viper in your Boſom? —— 'Some 'Men deal by their Sins, as ſome Ladies do by 'their Perſons. When their Beauty is decayed, 'they ſeek to hide it from themſelves by falſe 'Glaſſes, and from others by Paint. So, many 'ſeek to hide their Sins from themſelves by 'falſe Gloſſes, and from others by Excuſes or 'falſe Colours' (z). But the greateſt Cheat they put upon themſelves. *They that cover their Sins ſhall not proſper.* Prov. xxviii. 13. It is dangerous Self-flattery to give ſoft and ſmoothing Names to Sins, in order to diſguiſe their Nature. Rather lay your Hand upon your Heart, and *thruſt it into your Boſom*, though it *come out* (as *Moſes*'s did) *leprous as Snow*, Exod. iv. 6 (a).

And to find out our moſt beloved Sin, let us conſider what are thoſe worldly Objects or Amuſements which give us the higheſt Delight; this, it is

(z) *Baxter.*

(a) Initium eſt ſalutis, notitia peccati: nam qui peccare ſe neſcit, corrigi non vult. Deprehendas te oportet, antequàm emendes. Quidam vitiis gloriantur. Tu exiſtimas aliquid de Remedio cogitare, qui mala ſua virtutum loco numerant? Ideo quantum potes teipſum coargue: Inquire in te: Accuſatoris primum Partibus fungere, deinde Judicis, noviſſimè Deprecatoris. Aliquando te offende. *Sen. Epiſt.* 28. —— *The Knowledge of Sin is the firſt Step towards Amendment: for he that does not know he hath offended, is not willing to be reproved. You muſt therefore find out yourſelf, before you can amend yourſelf. Some glory in their Vices. And do you imagine they have any Thoughts about reforming, who place their very Vices in the room of Virtues? Therefore reprove thyſelf: ſearch thyſelf very narrowly. Firſt turn Accuſer to thyſelf, then a Judge, and then a Suppliant. And dare for once to diſpleaſe thyſelf.*

is probable, will lead us directly to ſome one of our darling Iniquities, if it be a Sin of Commiſſion: and what are thoſe Duties which we read or hear of from the Word of GOD, to which we find ourſelves moſt diſinclined? And this, in all Likelihood, will help us to detect ſome of our peculiar Sins of Omiſſion; which without ſuch previous Examination we may not be ſenſible of. And thus may we make a Proficiency in one conſiderable Branch of *Self-Knowledge* (*b*).

(*b*) Et hoc ipſum Argumentum eſt in melius tranſlati animi, quod Vitia ſua, quæ adhuc ignorabat, videt. *Sen. Epiſt.* 6. —— *It is a good Argument of a reformed Mind, that it ſees thoſe Vices in itſelf, which it was before ignorant of.*

A Man's predominant Sin uſually ariſes out of his predominant Paſſion; which therefore he ſhould diligently obſerve. The Nature and Force of which is beautifully deſcribed by a late great Maſter of Engliſh Verſe.

— — — — — — —

On different Senſes different Objects ſtrike.
Hence different Paſſions more or leſs enflame,
As ſtrong or weak, the Organs of the Frame:
And hence one Maſter-Paſſion in the Breaſt,
Like *Aaron's* Serpent, ſwallows up the reſt.
Nature its Mother, Habit is its Nurſe;
Wit, Spirit, Faculties, but make it worſe;
Reaſon itſelf but gives it Edge and Power,
As Heaven's bleſt Beam turns Vinegar more ſowre.
Ah! If ſhe lend not Arms as well as Rules,
What can ſhe more than tell us we are Fools?
Teach us to mourn our Nature, not to mend,
A ſharp Accuſer, but a helpleſs Friend!

Pope. Eſſay on Man.

CHAP. VIII.

The Knowledge of our moſt dangerous Temptations, neceſſary to Self-Knowledge.

VII. A MAN *that rightly knows himſelf is acquainted with his peculiar* Temptations; *and knows when, and in what Circumſtances, he is in the greateſt Danger of tranſgreſſing.*

Reader, if ever you would *know yourſelf*, you muſt examine this Point thoroughly. And if you have never yet done it, make a Pauſe when you have read this Chapter, and do it now. Conſider in what Company you are moſt apt to loſe the Poſſeſſion and Government of yourſelf; on what Occaſions you are apt to be moſt vain and unguarded, moſt warm and precipitant. Flee that Company, avoid thoſe Occaſions, if you would keep your Conſcience clear. What is it that robs you moſt of your Time and your Temper? If you have a due Regard to the Improvement of the one, and the Preſervation of the other, you will regret ſuch a Loſs; and ſhun the Occaſions of it, as carefully as you would a Road beſet with Robbers.

But eſpecially muſt you attend to the Occaſions which moſt uſually betray you into your favourite Vices; and conſider the Spring from whence they ariſe,

ariſe, and the Circumſtances which moſt favour them. They ariſe doubtleſs from your natural Temper, which ſtrongly diſpoſes and inclines you to them. *That* Temper then, or particular Turn of Deſire, muſt be carefully watched over as a moſt dangerous Quarter. And the Opportunities and Circumſtances which favour thoſe Inclinations muſt be reſolutely avoided, as the ſtrongeſt Temptations. For the Way to ſubdue a criminal Inclination is, firſt, to avoid the known Occaſions that excite it; and then, to curb the firſt Motions of it (*c*). And thus having no Opportunity of being indulged, it will of itſelf in Time loſe its Force, and fail of its wonted Victory.

The ſureſt Way to conquer, is ſometimes to decline a Battle; to weary out the Enemy, by keeping him at Bay. *Fabius Maximus* did not uſe this Stratagem more ſucceſsfully againſt *Hannibal*, than a Chriſtian may againſt his peculiar Vice, if he be but watchful of his advantages. It is dangerous to provoke an unequal Enemy to the Fight, or to run into ſuch a Situation, where we cannot expect to eſcape without a diſadvantageous Encounter.

It is of unſpeakable Importance, in order to *Self-Knowledge* and *Self-Government*, to be acquainted with all the Acceſſes and Avenues to Sin, and to obſerve which Way it is that we are oftenеſt led to it; and to ſet Reaſon and Conſci-

(*c*) Principiis obſta: ſerò medicina paratur
Cum mala per longas invaluere moras. *Ovid.*

ence to guard thoſe Paſſes, thoſe uſual Inlets to Vice, which, if a Man once enters, he will find a Retreat extremely difficult (*d*).

'Watchfulneſs, which is always neceſſary, is 'chiefly ſo when the firſt Aſſaults are made. For 'then the Enemy is moſt eaſily repulſed; if we 'never ſuffer him to get within us, but upon the 'very firſt Approach draw up our Forces, and 'fight him without the Gate. And this will be 'more manifeſt, if we obſerve by what Methods 'and Degrees Temptations grow upon us. —— 'The firſt Thing that preſents itſelf to the Mind, 'is a plain, ſingle *Thought*; this Streight is improved into a ſtrong *Imagination*; that again enforced by a ſenſible *Delight*; then follow evil '*Motions*; and when theſe are once ſtirred, there 'wants nothing but the *Aſſent* of the *Will*, and 'then the Work is finiſhed. Now the firſt Steps 'of this are ſeldom thought worth our Care; 'ſometimes not taken notice of; ſo that the Enemy is frequently got cloſe up to us, and 'even within our Trenches, before we obſerve 'him (*e*).'

As Men have their particular Sins, which do *moſt eaſily beſet them*; ſo they have their particular

(*d*) —— —— —— —— me veſtigia terrent
Omnia te adverſum ſpectantia, nulla retrorſum. *Hor.*

—— —— —— Facilis deſcenſus averni.
Sed revocare gradum, *&c.* *Virg.*

(*e*) *Stanhope's Thomas à Kempis, pag.* 22.

lar Temptations, which do most *easily overcome* them. *That* may be a very great Temptation to one, which is none at all to another. And if a Man does not know what are his greatest Temptations, he must have been a great Stranger indeed to the Business of Self-Employment.

As the subtle Enemy of Mankind takes care to draw Men gradually into Sin, so he usually draws them by Degrees into Temptation. As he disguises the Sin, so he conceals the Temptation to it; well knowing, that were they but once sensible of their Danger of Sin, they would be ready to be upon their Guard against it. Would we know ourselves thoroughly then, we must get acquainted not only with our most usual Temptations, that we be not unawares drawn into *Sin*, but with the previous Steps and preparitory Circumstances, which make way for those Temptations, that we be not drawn unawares into the *Occasions* of Sin; for those Things which lead us into Temptations are to be considered as Temptations, as well as those which immediately lead us into Sin. And a Man that knows himself will be aware of his remote Temptations, as well as the more immediate ones; *e. g.* If he find the Company of a passionate Man is a Temptation (as *Solomon* tells us it is, *Prov.* xxii. 24. 25.) he will not only avoid it, but those Occasions that may lead him into it. And the Petition in the *Lord's-Prayer* makes it as much a Man's Duty to be upon his Guard *against* Temptation, as under

it. Nor can a Man pray from his Heart that GOD would not *lead him into Temptation*, if he take no care himſelf to avoid it.

CHAP. IX.

Self-Knowledge diſcovers the ſecret Prejudices of the Heart.

VIII. ANOTHER *important Branch of Self-Knowledge is, for a Man to be acquainted with his* own Prejudices; or thoſe ſecret Prepoſſeſſions of his Heart, which, though ſo *deep* and *latent*, that he may not be ſenſible of them, are often ſo *ſtrong* and *prevalent*, as to give a mighty, but *imperceptible* Bias to the Mind.

And in this the great Art of *Self-Knowledge* conſiſts, more than in any one Thing again. It being therefore a Matter of ſuch mighty Conſequence, and at the ſame Time a Point to which Men in general are too unattentive, it deſerves a more particular Diſcuſſion.

Theſe Prejudices of the Human Mind may be conſidered with regard to *Opinions*, *Perſons*, and *Things*.

(1.) With regard to *Opinions*.

It is a common Obſervation, but well expreſſed by a late celebrated Writer, 'that we ſet out 'in Life with ſuch poor Beginnings of Know-'ledge, and grow up under ſuch Remains of Su-'perſtition and Ignorance, ſuch Influences of

'Company

'Company and Faſhion, ſuch Inſinuations of 'Pleaſure, *&c.* that it is no Wonder, if Men 'get Habits of thinking only in one Way; that 'theſe Habits in Time grow rigid and confirmed; 'and ſo their Minds come to be overcaſt with 'thick Prejudices, ſcarce penetrable by any Ray 'of Truth, or Light of Reaſon (*f*).'

There is no Man but is more fond of one particular Set or Scheme of Opinions in Philoſophy, Politicks, and Religion, than he is of another; if he hath employed his Thoughts at all about them. The Queſtion we ſhould examine then is; how come we by theſe Attachments? Whence are we ſo fond of theſe particular Notions? Did we come fairly by them? or were they impoſed upon us, and dictated to our eaſy Belief, before we were able to judge of them? This is moſt likely. For the Impreſſions we early receive generally grow up with us, and are thoſe we leaſt care to part with. However, which Way ſoever we came by them, they muſt be re-examined, and brought to the *Touch-Stone* of ſound Senſe, ſolid Reaſon, and plain Scripture! If they will not bear this after hard rubbing, they muſt be diſcarded, as no genuine Principles of Truth, but only Counterfeits of it.

And as *Reaſon* and *Scripture* muſt diſcover our Prejudices to us, ſo they only can help us to get rid of them. By theſe are we to rectify, and to theſe are we to conform, all our Opinions and Senti-

(*f*) See *Religion of Nature delin. pag.* 129.

Sentiments in Religion, as our only Standard, exclusive of all other Rules, Light, or Authority whatsoever.

And Care must further be taken that we do not make Scripture and Reason bend and buckle to our Notions; which will rather confirm our Prejudices than cure them. For whatever cannot evidently be made out, without the Help of overstrained Metaphors, and the Arts of Sophistry, is much to be suspected; which used to make Arch-Bishop *Tillotson* say, *Non amo argutias in Theologiâ*; I do not love Subtilties in Divinity. But,

(2.) The Human Mind is very apt to be prejudiced either for or against certain *Persons*, as well as certain Sentiments. And as Prejudice will lead a Man to *talk* very unreasonably with regard to the latter, so it will lead him to *act* very unreasonably with regard to the former.

What is the Reason, for Instance, that we cannot help having a more hearty Affection for some Persons than others? Is it from a Similarity of Taste and Temper? Or something in their Address, that flatters our Vanity? Or something in their Humour, that hits our Fancy? Or something in their Conversation, that improves our Understanding? Or a certain Sweetness of Disposition, and Agreeableness of Manner, that is naturally engaging? Or from Benefits received or expected from them? Or from some eminent and distinguished Excellency in them? Or from none of these; but something else, we cannot tell what?

what? —— Such Sort of Enquiries will shew us whether our Esteem and Affections be rightly placed; or flow from mere Instinct, blind Prejudice, or something worse.

And so on the other hand, with regard to our Disaffection towards any one, or the Disgust we have taken against him; if we would know ourselves, we must examine into the Bottom of this; and see not only what is the pretended, but true Cause of it: whether it be a justifiable one, and our Resentments duly proportioned to it. —— Is his Manner of Thinking, Talking, and Acting, quite different from mine, and therefore what I cannot approve? Or have I received some real Affront or Injury from him? Be it so, my continued Resentment against him, on either of these Accounts, may be owing notwithstanding more to some unreasonable Prejudice in *me*, than any real Fault in *him*.

For as to the former: His Way of *Thinking*, *Talking*, and *Acting*, may possibly be juster than my own; which the mere Force of Custom and Habit only makes me prefer to his. However, be his ever so wrong, he may not have had the same Advantage of improving his Understanding, Address, and Conduct, as I have had; and therefore his Defects herein are more excusable. And he may have many other Kind of Excellencies which I have not. —— 'But he is not only ig-'norant and unmanner'd, but unsufferably vain, 'conceited and over-bearing at the same Time.' —— Why,

—— Why, *that* perhaps he cannot help. It is the Fault of his Nature. He is the Object of Pity rather than Reſentment. And had I ſuch a Temper by Nature, I ſhould perhaps, with all my Self-Improvement, find it a difficult Thing to manage. And therefore, tho' I can never chuſe ſuch a one for an agreeable Companion, yet I ought not to harbour a Diſlike to him, but love, and pity, and pray for him, as a Perſon under a great Misfortune; and be thankful that I am not under the ſame. —— 'But he is quite blind 'to this Fault of his Temper, and does not ap-'pear to be in the leaſt ſenſible of it.' —— Why, that is a greater Misfortune ſtill; and he ought to be the *more* pitied.

And as to the other pretended Ground of Prejudice, 'he hath often *offended* and *injured* me.' Let me conſider, (1.) *Whether any Offence was really intended*; whether I do not impute that to ill Nature, which was only owing to ill Manners; or that to Deſign, which proceeded only from Ignorance. Do I not take Offence before it is given? If ſo, the Fault is mine, and not his. And the Reſentment I have conceived againſt him, I ought to turn upon myſelf (g). —— Again, (2.) *Did I not provoke him to it, when I knew his Temper?* The Fault is ſtill my own. I did or might

(g) For every Triſle ſcorn to take Offence;
That always ſhews great Pride, or little Senſe.
Good Nature and good Senſe muſt always join;
To err is Human, to forgive Divine.
——— *Pope.*

might know the Pride, Paſſion, or Perverſeneſs of his Nature; why then did I exaſperate him? A Man that will needleſsly rouſe a Lion, muſt not expect always to come off ſo favourably as the Hero of *La Mancha.* —— But, (3.) Suppoſe I were not the Aggreſſor; yet, *how came I into his Company?* Who lead me into the Temptation? He hath acted according to his Nature in what he hath done; but I have not acted according to my Reaſon, in laying myſelf ſo open to him. I knew him; why did I not ſhun him, as I would any other dangerous Animal that does Miſchief by Inſtinct? If I muſt needs put my Finger into a Waſp's Neſt, why ſhould I blame them for ſtinging me? —— Or, (4.) If I could not avoid his Company, *why did I not arm myſelf?* Why did I venture defenceleſs into ſo much Danger? Or, (5.) Suppoſe he hath done me a real and undeſerved Injury, without my Fault or Provocation; yet *does not my preſent Diſcontent greatly aggravate it?* Does it not appear greater to me, than it does to any body elſe? Or than it will to *me*, after the preſent Ferment is over? —— And (Laſtly,) after all, *muſt I never forgive?* How ſhall I be able to repeat the Lord's-Prayer, or read our Saviour's Comment upon it, *Mat.* vi. 14, 15. with an unforgiving Temper? Do I not hope to be forgiven *Ten thouſand Talents*; and cannot I forgive my *Fellow-Servant thirty Pence?* When I know not but he hath repented, and GOD hath forgiven him; whoſe Forgiveneſs I want

want infinitely more than my greateſt Enemy does mine.*

Such Conſiderations are of great Uſe to ſoften our Prejudices againſt Perſons; and at once to diſcover the true Spring, and prevent the bad Effects of them. And happy would it be for a Chriſtian, could he but call to Mind and apply to his Relief, half the good Things which that excellent Heathen Emperor and Philoſopher *Marcus Antoninus* could ſay upon this Subject. Some of which I have for the Benefit of the Engliſh Reader

* A Man deſpiſes me: what then? Did he know me more, he would perhaps deſpiſe me more. But I know myſelf better than he can know me; and therefore deſpiſe myſelf more. And though his Contempt in this Inſtant may be groundleſs, yet in others it would be but too well founded. I will therefore not only bear with, but forgive it. —— *Contemnendus eſt iſte contemptus*, ſaith *Seneca*. But ſuch *retorted Scorn* is more becoming the Character of a *Stoic* than a *Chriſtian*.

It has been reckoned a wiſe and witty Anſwer which one of the Philoſophers returned to his Friend, who adviſed him to revenge an Injury that had been done him: "What (ſays he) "if an Aſs kicks me, muſt I needs kick him again?" And perhaps there is more *Wit* than *Wiſdom* in that Reply. It ſeems indeed to carry in it ſomething of a true Greatneſs of Mind; but does it not at the ſame Time diſcover a Kind of haughty and contemptuous Spirit? The Truth is, (as a judicious Writer obſerves upon it) "it is at beſt but a lame and miſhapened Cha-"rity; it has more of Pride than Goodneſs. We ſhould learn "of the holy *Jeſus*, who was not only *meek*, but *lowly*. We "ſhould contemn the *Injury*, and pity the *Weakneſs*; but ſhould "not diſdain or deſpiſe the *Perſons* of our Enemies. *Charity* "*vaunteth not herſelf, is not puffed up, doth not behave itſelf* "*unſeemly*." See *Scougal's Duty of Loving our Enemies*.

Reader extracted, and thrown into the Margin (*b*).

(3.) The

(*b*) In the Morning remember to ſay to thyſelf; this Day perhaps I may meet with ſome impertinent, ungrateful, peeviſh, tricking, envious, churliſh Fellow. Now all theſe ill Qualities in them proceed from their Ignorance of Good and Evil. And ſince I am ſo happy as to underſtand the natural Beauty of a good Action, and the Deformity of an ill One; and ſince the Perſon that diſobliges me is of near Kin to me; and tho' not juſt of the ſame Blood and Family, yet of the ſame Divine Extract as to his Mind; and finally, ſince I am convinced that no one can do me a real Injury, becauſe he cannot force me to do a diſhoneſt Thing; for theſe Reaſons I cannot find in my Heart to hate him, or ſo much as to be angry with him. *Marc. Anton. Medit. Book* 2. § 1.

You are juſt taking Leave of the World; and have you not yet learned to be Friends with every body? And that to be an honeſt Man, is the only Way to be a wiſe one? *Id. Book* 4. § 37.

To expect an Impoſſibility is Madneſs; it is impoſſible for ill Men not to do ill Things. *Id. Book* 5. § 17.

It is the Privilege of Human Nature above Brutes to love thoſe that offend us; in order to this conſider, (1.) That the offending Party is of Kin to you; (2.) That he acts thus, becauſe he knows no better; (3.) He may have no Deſign to offend you; (4.) You will both of you quickly be in your Graves; but above all, (5.) You have received no Harm from him. For your Mind or Reaſon is the ſame it was before. *Id. B.* 7. § 22.

Think upon your laſt Hour, and do not trouble yourſelf about other People's Faults, but leave them there where they muſt be anſwered for. *Id. B.* 7. § 29.

Do not return the Temper of ill-natured People upon themſelves, nor treat them as they do the reſt of Mankind. *Id. B.* 7. § 55.

Tho' the Gods are immortal, yet they not only patiently bear with a wicked World through ſo many Ages; but what is

(3.) The Mind is apt to be prejudiced againſt or in favour of certain *Things* and *Actions*, as well as certain Sentiments and Perſons.

If therefore you find in yourſelf a ſecret Diſinclination to any particular Action or Duty, and the Mind begins to caſt about for Excuſes and Reaſons to juſtify the Neglect of it, conſider the

more, liberally provide for it: and are you, who are juſt going off the Stage, weary with bearing, tho' you are one of thoſe unhappy Mortals yourſelf? *Id. B.* 7. § 70.

Never diſturb yourſelf; for Men will do the ſame untoward Actions over again, tho' you burſt with Spleen. *Id. B.* 8. § 4.

Reform an Injurious Perſon if you can; if not, remember your Patience was given you to bear with him. That the Gods patiently bear with ſuch Men, and ſometimes beſtow upon them health, and Fame, and Fortune. *Id. B.* 9. § 11.

When People treat you ill, and ſhow their Spite, and ſlander you, enter into their little Souls, go to the Bottom of them, ſearch their Underſtandings; and you will ſoon ſee, that nothing they may think or ſay of you need give you one troubleſome Thought. *Id. B.* 9. § 27.

That is the beſt Thing for a Man which GOD ſends him; and that is the beſt Time, when he ſends it. *Id. B.* 10. § 20.

It is ſometimes a hard Matter to be certain, whether you have received ill Uſage or not; for Mens Actions oftentimes look worſe than they are: and one muſt be thoroughly informed of a great many Things, before he can righly judge. *Id. B.* 11. § 18.

Conſider how much more you often ſuffer from your Anger and Grief, than from thoſe very Things for which you are angry and grieved. *Id. B.* 1. § 18.

When you fancy any one hath tranſgreſſed, ſay thus to yourſelf: 'How do I know this is a Fault? But admit it is, it may 'be his Conſcience hath corrected him; and then he hath received his Puniſhment from himſelf.' *Id. B.* 12. § 16.

To

the Matter well: Go to the Bottom of that Reluctance; and ſearch out what it is that gives the Mind this Averſion to it. Whether it be the Thing or Action itſelf, or ſome diſcouraging Circumſtances that may attend it; or ſome diſagreable Conſequences that may poſſibly flow from it; or your ſuppoſed Unfitneſs for it at preſent. Why, all theſe Things may be only imaginary. And to neglect a plain and poſitive Duty upon ſuch Conſiderations, ſhows that you are governed by Appearances more than Realities, by Fancy more than Reaſon, and by Inclination more than Conſcience.

But let Fancy muſter up all the diſcouraging Circumſtances, and ſet them in the moſt formidable Light, to bar your Way to a ſuppoſed Duty; for inſtance, 'it is very difficult, I want Ca-'pacity, at leaſt am ſo indiſpoſed to it at preſent, 'that I ſhall make nothing of it; and then it 'will be attended with danger to my Perſon, Re-'putation, or Peace; and the Oppoſition I am 'like to meet with is great, *&c.*' But after all, is the Call of Providence clear? Is the Thing a plain Duty? Such as Reaſon, Conſcience, and Scripture;

To theſe I ſhall add two more Quotations out of the Sacred Writings, of incomparable greater Weight and Dignity than any of the forementioned. Prov. xix. 11. *The Diſcretion of a Man deferreth his Anger: and it is his Glory to paſs over a Tranſgreſſion.* Rom. xii. 20, 21. *If thine Enemy hunger, feed him; if he thirſt, give him Drink: for in ſo doing thou ſhalt heep Coals of Fire on his Head. Be not overcome of Evil, but overcome Evil with Good.*

Scripture; your Office, Character, or Perſonal Engagements call upon you to diſcharge? If ſo, all the aforeſaid Objections are vain and deluſive. And you have nothing to do, but to ſummon your Courage, and in Dependance on Divine Help, to ſet about the Buſineſs immediately and in good Earneſt, and in the beſt and wiſeſt Manner you can; and you may depend upon it, you will find the greateſt Difficulty to lie only in the firſt Attempt; theſe frightful Appearances to be all viſionary, the mere Figments of Fancy, turning Lambs into Lions, and Mole-Hills into Mountains; and that nothing but Sloth, Folly and Self-Indulgence thus ſet your Imagination on work, to deter you from a plain Duty. Your Heart would deceive you, but you have found out the Cheat, and do not be impoſed upon (*i*).

Again, ſuppoſe the Thing done; conſider how it will look then. Take a View of it as paſt; and whatever Pains it may coſt you, think whether it will not be abundantly recompenſed by the inward Peace and Pleaſure, which ariſes from a Conſciouſneſs of having acted right. It certainly will. And the Difficulties you now dread will enhance your future Satisfaction (*k*). But think again how you

(*i*) "The Wiſe and Prudent conquer Difficulties,
"By daring to attempt them. Sloth and Folly
"Shiver and ſhrink at Sight of Toil and Danger,
"And make th' Impoſſibility they fear."
Rowe.

(*k*) —— forſan et hæc olim meminiſſe juvabit.
Virg.

you will bear the Reflections of your own Mind if you wilfully neglect a plain and neceſſary Duty; whether this will not occaſion you much more Trouble than all the Pains you might be at in performing it. And a wiſe Man will always determine himſelf by the End; or by ſuch a retroſpective View of Things, conſidered as paſt.

Again, on the other hand, if you find a ſtrong *Propenſion* to any particular Action, examine *that* with the like Impartiality. Perhaps it is what neither your Reaſon nor Conſcience can fully approve. And yet every Motive to it is ſtrongly urged, and every Objection againſt it ſlighted. Senſe and Appetite grow importunate and clamorous, and want to lead, while Reaſon remonſtrates in vain. But turn not aſide from that faithful and friendly Monitor, whilſt with a low, ſtill Voice ſhe addreſſes you in this ſoft, but earneſt Language. —— 'Hear me, I beſeech you, 'but this one Word more. The Action is *in-* 'deed out of Character; what I ſhall never ap- 'prove. The Pleaſure of it is a great deal over- 'rated; you will certainly be diſappointed. It is 'a falſe Appearance that now deceives you. And 'what will you think of yourſelf when it is paſt, 'and you come to reflect ſeriouſly on the Mat- 'ter? Believe it, you will then wiſh you had 'taken me for your Counſellor, inſtead of thoſe 'Enemies of mine, your Luſts and Paſſions, 'which have ſo often miſled you, though you 'know I never did.' ——

Such

Such ſhort Recollections as theſe and a little Leiſure to take a View of the Nature and Conſequences of Things or Actions, before we reject or approve them, will prevent much falſe Judgment and bad conduct; and by Degrees wear off the Prejudices which Fancy has fixed in the Mind, either for or againſt any particular Action; teach us to diſtinguiſh between Things and their Appearances; ſtrip them of thoſe falſe Colours that ſo often deceive us; correct the Sallies of the Imagination, and leave the Reins in the Hand of Reaſon.

Before I diſmis this Head, I muſt obſerve, that ſome of our ſtrongeſt Prejudices ariſe from an exceſſive *Self-Eſteem*, or a too great Value of our own good Senſe and Underſtanding. *Philautus* in every Thing ſhews himſelf very well ſatisfied with his own Wiſdom; which makes him very impatient of Contradiction, and gives him a Diſtaſte to all who ſhall preſume to oppoſe their Judgment to his in any Thing. He had rather perſevere in a Miſtake than retract it, leſt his Judgment ſhould ſuffer; not conſidering that his Ingenuity and good Senſe ſuffer much more by ſuch Obſtinacy. The Fulneſs of his Self-Sufficiency makes him blind to thoſe Imperfections which every one can ſee in him but himſelf. So that however wiſe, ſincere and friendly, however gentle and ſeaſonable your Remonſtrance may be, he takes it immediately to proceed from Ill-Nature or Ignorance in *you*, but from no Fault in *him*.

Seneca

Seneca, I remember, tells us a remarkable Story, which very well illuſtrates this Matter. —— Writing to his Friend *Lucilius*, 'My Wife (ſays 'he) keeps *Harpaſtes* in her Houſe ſtill, who, you 'know, is a Sort of Family-Fool, and an Incum-'brance upon us. For my Part, I am far from 'taking any Pleaſure in ſuch Prodigies. If I 'have a Mind to divert myſelf with a Fool, I 'have not far to go for one; I can laugh at my-'ſelf. This ſilly Girl, all on a ſudden, loſt her 'Eye-Sight; and (which perhaps may ſeem Incre-'dible, but it is very true) ſhe does not know ſhe 'is blind; but is every now and then deſiring 'her Governeſs to lead her abroad, ſaying the 'Houſe is dark. —— Now what we laugh at in 'this poor Creature, we may obſerve, happens to 'us all. No Man knows that he is covetous, or 'inſatiable. Yet with this Difference; the Blind 'ſeek ſomebody to lead them, but we are content 'to wander without a Guide. —— But why do 'we thus deceive ourſelves? The Diſeaſe is not 'without us, but fixed deep within. And there-'fore is the Cure ſo difficult, becauſe we do not 'know that we are Sick (*l*).'

(*l*) *Sen. Epiſt.* 51.

CHAP.

CHAP. X.

The Neceſſity and Means of knowing our Natural Tempers.

IX. ANOTHER *very important Branch of Self-Knowledge is, the Knowledge of thoſe Governing Paſſions or Diſpoſitions of the Mind, which generally form, what we call, a Man's* Natural Temper.

The Difference of Natural *Tempers* ſeems to be chiefly owing to the different Degrees of Influence the ſeveral Paſſions have upon the Mind, *e. g.* If the Paſſions are eager and ſoon raiſed, we ſay the Man is of a *warm* Temper; if more ſluggiſh and ſlowly raiſed, he is of a *cool* Temper; according as Anger, Malice or Ambition prevail, he is of a *fierce*, *churliſh* or *haughty* Temper; the Influence of the ſofter Paſſions of Love, Pity and Benevolence, forms a *ſweet*, *ſympathiſing*, and *courteous* Temper; and where all the Paſſions are duly poiſed, and the milder and pleaſing ones prevail, they make what is commonly called a quite *good-natur'd* Man.

So that it is the Prevalence or Predominance of any particular Paſſion, which gives the Turn or Tincture to a Man's Temper, by which he is diſtinguiſhed, and for which he is loved and eſteemed, or ſhunned and deſpiſed by others.

Now

Now what this is, thoſe we converſe with are ſoon ſenſible of. They preſently ſee thro' us, and know the Fault of our Temper, and order their Behaviour to us accordingly. If they are wiſe aud well-mannered, they will avoid touching the String which they know will jarr and raiſe a Diſcord within us. If they are our Enemies, they will do it on Purpoſe to ſet us on tormenting ourſelves. And our Friends we muſt ſuffer ſometimes with a gentle Hand to touch it, either by Way of pleaſant Raillery or faithful Advice.

But a Man muſt be greatly unacquainted with himſelf, if he is ignorant of his predominant Paſſion, or diſtinguiſhing Temper, when every one elſe obſerves it. And yet how common is this Piece of Self-Ignorance? The two Apoſtles *Peter* and *John* diſcovered it in that very Action, wherein they meant to expreſs nothing but a hearty Zeal for their Maſter's Honour; which made him tell them, *that they knew not what Manner of Spirit they were of*, Luke ix. 5. i. e. that inſtead of a Principle of Love and genuine Zeal for him, they were at that Time governed by a Spirit of Pride, Revenge and Cruelty. And that the Apoſtle *John* ſhould be liable to this Cenſure, whoſe Temper ſeemed to be all Love and Sweetneſs, is a memorable Inſtance how difficult a Thing it is for a Man at all Times to know his own Spirit; and that *that* Paſſion, which ſeems to have the leaſt Power over his Mind, may on ſome Occaſions inſenſibly gain a criminal Aſcendant there.

And

And the Neceſſity of a perfect Knowledge of our reigning Paſſions appears further from hence; becauſe they not only give a Tincture to the Temper, but to the Underſtanding alſo; and throw a ſtrong Bias on the Judgment. They have much the ſame Effect upon the Eye of the Mind, as ſome Diſtempers have upon the Eyes of the Body, If they do not put it out, they weaken it; or throw falſe Colours before it, and make it form a wrong Judgment of Things. And, in ſhort, are the Source of thoſe forementioned Prejudices, which ſo often abuſe the Human Underſtanding.

Whatever the different Paſſions themſelves that reign in the Mind may be owing to, whether to the different Texture of the bodily Organs, or the different Quality or Motion of the animal Spirits, or to the native Turn and Caſt of the Soul itſelf; yet certain it is, that Mens different Ways of thinking are much according to the predominance of their different Paſſions; and eſpecially with regard to Religion. Thus *e. g.* we ſee melancholy People are apt to throw too much Gloom upon their Religion, and repreſent it in a very uninviting and unlovely View, as all Auſterity and Mortification; whilſt they, who are governed by the more gay and chearful Paſſions, are apt to run into the other Extreme, and too much to mingle the Pleaſures of Senſe with thoſe of Religion; and are as much too lax, as the other too ſevere. And ſo by the Prejudice or Bias of their reſpective Paſſions. or the Force of their

Natural

Natural Temper, are led into the Miſtake on both Sides.

'So that would a Man know himſelf, he muſt 'ſtudy his Natural Temper; his conſtitutional 'Inclinations, and favourite Paſſions; for by theſe 'a Man's Judgment is eaſily perverted, and a 'wrong Bias hung upon his Mind: Theſe are 'the Inlets of Prejudice; the unguarded Avenues 'of the Mind, by which a thouſand Errors and 'ſecret Faults find Admiſſion, without being ob-'ſerved or taken notice of *(m)*.'

And that we may more eaſily come at the Knowledge of our predominant Affections, let us conſider what outward Events do moſt impreſs and move us; and in what Manner. What is it that uſually creates the greateſt Pain or Pleaſure in the Mind? —— As for *Pain*; a *Stoic* indeed may tell us, 'that we muſt keep Things at a Diſ-'tance; let nothing that is outward come with-'in us; let Externals be Externals ſtill.' But the Human Make will ſcarce bear the Rigour of that Philoſophy. Outward Things, after all, will impreſs and affect us. And there is no Harm in this, provided they do not get the Poſſeſſion of us, overſet our Reaſon, or lead us to act unbecoming a Man or a Chriſtian. And one Advantage we may reap from hence is, the Manner or Degree in which outward Things impreſs us, may lead us into a more perfect *Knowledge of ourſelves*, and diſcover

(m) Spectat. Vol. vi. *No.* 899.

diſcover to us our weak Side, and the particular Paſſions which have moſt Power over us.

Our *Pleaſures* will likewiſe diſcover our raining Paſſions, and the true Temper and Diſpoſition of the Soul. If it be captivated by the Pleaſures of Sin, it is a Sign its prevailing Taſte is very vicious and corrupt; if with the Pleaſures of Senſe, very low and ſordid; if imaginary Pleaſures, and the painted Scenes of Fancy and Romance do moſt entertain it, the Soul hath then a trifling Turn; if the Pleaſures of Science or intellectual Improvements are thoſe it is moſt fond of, it has then a noble and refined Taſte; but if the Pleaſures of Religion and Divine Contemplation do above all others delight and entertain it, it has then its true and proper Taſte, its Temper is as it ſhould be, pure, divine, and heavenly; provided theſe Pleaſures ſpring from a true religious Principle, free from that Superſtition, Bigotry and Enthuſiaſm, under which it is often diſguiſed.

And thus by carefully obſerved what it is that gives the Mind the greateſt Pain and Torment, or the greateſt Pleaſure and Entertainment, we come at the Knowledge of its reigning Paſſions, and prevailing Temper and Diſpoſiion.

'Include thyſelf then, O my Soul, within 'the Compaſs of thine own Heart; if it be not 'large, it is deep; and thou wilt there find Ex- 'erciſe enough. Thou wilt never be able to 'ſound it; it cannot be known, but by Him 'who

'who tries the Thoughts and Reins. But dive 'into this Subject as deep as thou canſt. Exa-'mine thyſelf; and this Knowledge of that 'which paſſes within thee will be of more Uſe 'to thee, than the Knowledge of all that paſſes 'in the World. Concern not thyſelf with the 'Wars and Quarrels of publick or private Perſons. 'Take Cognizance of thoſe Conteſts which are 'between thy Fleſh and thy Spirit; betwixt the 'Law of thy Members, and that of thy Under-'ſtanding. Appeaſe thoſe Differences. Teach 'thy Fleſh to be in Subjection. Replace Rea-'ſon on its Throne; and give it Piety for its 'Counſellor. Tame thy Paſſions, and bring 'them under Bondage. Put thy little State in 'good Order; govern wiſely and holily thoſe nu-'merous People which are contained in ſo lit-'tle a Kingdom; that is to ſay, that Mul-'titude of affections, Thoughts, Opinions and 'Paſſions which are in thine Heart *(n)*.'

CHAP. XI.

Concerning the ſecret Springs of our Actions.

X. ANOTHER *conſiderable Branch of Self-Acquaintance is, the Knowledge of the true Motives and ſecret Springs of our Actions.*

(n) *Jurieu's Method of Chriſtian Devotion, Part* iii. *Chap.* iii.

And this ſometimes cannot without much Pains be acquired. But for want of it, we ſhall be in Danger of paſſing a falſe Judgment upon our Actions, and of having a wrong Opinion of ſeveral Parts of our Conduct.

It is not only very poſſible, but very common for Men to be ignorant of the chief Inducements of their Behaviour; and to imagine they act from one Motive, whilſt they are apparently governed by another. If we examine our Views, and look into our Hearts narrowly, we ſhall find that they more frequently deceive us in this reſpect than we are aware of; by perſuading us that we are governed by much better Motives than we are. The Honour of GOD, and the Intereſt of Religion, may be the open and avowed Motive; whilſt ſecular Intereſt and ſecret Vanity may be the hidden and true one. While we think we are ſerving GOD, we may be only ſacrificing to *Mammon*. We may, like *Jehu*, boaſt our *Zeal for the Lord*, when we are only animated by the Heat of our natural Paſſions *(o)*; may cover a cenſorious Spirit under a Cloak of Piety; and giving Admonitions to others, may be only giving Vent to our Spleen.

How many come to the Place of publick Worſhip out of Cuſtom or Curioſity, who would be thought to come thither only out of Conſcience? And whilſt their external and profeſſed View is to ſerve GOD, and gain Good to their Souls, their

(o) 2 *Kings* x. 16.

their ſecret and inward Motive is only to ſhew themſelves to Advantage, or to avoid Singularity, and prevent others making Obſervations on their Abſence. Munificence and Almſgiving may often proceed from a Principle of Pride and Party-Spirit, when it may *appear* to be the Effect of pure Piety and Charity; and ſeeming Acts of Friendſhip, from a Motive of Selfiſhneſs.

By thus diſguiſing our Motives we may impoſe upon Men, but at the ſame Time we impoſe upon ourſelves; and whilſt we are deceiving *others*, our own Hearts deceive *us*. And of all impoſtures *Self-Deception* is the moſt dangerous, becauſe leaſt ſuſpected.

Now, unleſs we examine this Point narrowly, we ſhall never come to the Bottom of it; and unleſs we come at the true Spring and real Motive of our Actions, we ſhall never be able to form a right Judgment of them; and they may appear very different in our own Eye, and in the Eye of the World, from what they do in the Eye of GOD. *For the LORD ſeeth not as Man ſeeth: for Man looketh on the outward Appearance, but the LORD looketh on the Heart*, 1 Sam. xvi. 7. And hence it is, that *that which is highly eſteemed among Men, is* oftentimes *Abomination in the Sight of GOD*, Luke xvi. 15. *Every Way of Man is right in his own Eyes: but the LORD pondereth the Hearts*, Prov. xxi. 2.

CHAP. XII.

Every one that knows himſelf, is in a particular Manner ſenſible how far he is governed by a Thirſt for Applauſe,

XI. ANOTHER *Thing neceſſary to unfold a Man's Heart to himſelf is, to conſider what is his* Appetite for Fame; *and by what Means he ſeeks to gratify that* paricular Paſſion.

This Paſſion in particular having always ſo main a Stroke, and oftentimes ſo unſuſpected an Influence on the moſt important Parts of our Conduct, a perfect Acquaintance with it is a very material Branch of *Self-Knowledge*. and therefore requires a diſtinct and particular Conſideration.

Emulation, like the other Paſſions of the Human Mind, ſhows itſelf much more plainly, and works much more ſtrongly in ſome than it does in others. It is in itſelf innocent; and was planted in our Natures for very wiſe Ends, and is capable of ſerving very excellent Purpoſes, if kept under proper Reſtrictions and Regulations. But without theſe it degenerates into a mean and criminal *Ambition*.

When a Man finds ſomething within him that puſhes him on to excel in worthy Deeds or in Actions

Actions truly good and virtuous, and pursues that Design with a steady, unaffected Ardour, without Reserve or Falsehood, it is a true sign of a noble Spirit. For that Love of Praise can never be criminal, that excites and enables a Man to do a great deal more Good than he could do without it. And perhaps there never was a fine Genius or a noble Spirit, that rose above the common Level, and distinguished itself by high Attainments in what is truly excellent, but was secretly, and perhaps insensibly, prompted by the Impulse of this Passion.

But, on the contrary, if a Man's Views centre only in the Applause of others, whether it be deserved or not; if he pants after Popularity and Fame, not regarding how he comes by it; if his Passion for Praise urge him to *stretch himself beyond the Line* of his Capacity, and to attempt Things to which he is unequal; to condescend to mean Arts and low Dissimulation for the sake of a Name; and in a sinister, indirect Way, sue hard for a little Incense, not caring from whom he receives it; it then degenerates into what is properly called *Vanity*. And if it excites a Man to wicked Attempts, and makes him willing to sacrifice the Esteem of all wise and good Men to the Shouts of the giddy Multitude; if his Ambition overleaps the Bounds of Decency and Truth, and breaks thro' the Obligations of Honour and Virtue, it is then not only Vanity, but *Vice*; a Vice the most destructive to the Peace and Hap-

pineſs of Human Society, and which of all others hath made the greateſt Havock and Devaſtation among Men.

What an Inſtance have we here of the wide Difference between common Opinion and Truth? That a Vice ſo big with Miſchief and Miſery ſhould be Miſtaken for a Virtue! And that they who have been moſt infamous for it ſhould be crowned with Laurels, even by thoſe who have been ruined by it; and have thoſe Laurels perpetuated by the common Conſent of Men through after Ages! *Seneca*'s Judgment of *Alexander* is certainly more agreeable to Truth than the common Opinion; who called him "a publick Cut-throat, "rather than a Hero; and who, in ſeeking only "to be a Terror to Mankind, aroſe to no greater "an Excellence, than what belonged to the moſt "hurtful and hateful Animals on Earth *(p)*."

Certain

(p) Quid enim ſimile habebat veſanus Adoleſcens, cui pro virtute erat felix Temeritas? —— Hic a pueritiâ latro, gentiumque Vaſtator, tam hoſtium pernicies quam amicorum. Qui ſummum bonum duceret terrori eſſe cunctis mortalibus: oblitus non ferociſſima tantùm, ſed ignaviſſima quoque animalia, timeri ob virus malum. *Sen. de Benef. cap.* 13.

How different from this is the Judgment of *Plutarch* in this Matter? who, in his *Oration concerning the Fortune and Virtue of Alexander*, exalts him into a *true Hero*; and juſtifies all the Waſte he made of Mankind under (the ſame Colour with which the *Spaniards* excuſed their inhuman Barbarities towards the poor *Indians*, viz.) a Pretence of civilizing them. And in attributing all his Succeſs to his Virtue, he talks more like a *Soldier* ſerving under him in his Wars, than an Hiſtorian who lived many Years afterwards, whoſe Buſineſs it was to tranſmit his Character impartially

to

Certain it is, that theſe falſe Heroes are of all Men moſt ignorant of themſelves, who ſeek their Gain and Glory from the Deſtruction of their own Species; and by this wicked Ambition entail Infamy and Curſes upon their Name and Family, inſtead of that immortal Glory they purſued, and imagined they had attained. According to the Prophet's Words, *Woe to him who coveteth an evil Covetouſneſs to his Houſe, that he may ſet his Neſt on high; that he may be delivered from the Power of Evil. Thou haſt couſulted Shame to thine Houſe, by cutting off many People; and haſt ſinned againſt thy Soul,* Hab. ii. 9, 10 (*q*).

Now no Man can truly know himſelf till he be acquainted with this, which is ſo often the ſecret and unperceived Spring of his Actions, and obſerves how far it governs and influences him in his Converſation and Conduct.

And to correct the Irregularity and Extravagance of this Paſſion, let us but reflect how airy and

to future Ages! And in whatever other reſpects Mr. *Dryden* may give the Preference to *Plutarch* before *Seneca*, (which he does with much Zeal in his *Preface to Plutarch's Lives*) yet it muſt be allowed that, in this Inſtance at leaſt, the latter ſhows more of the *Philoſopher*. See *Plut. Mor. Vol.* i. *ad fin.*

(*q*) בצע בצע רע: *that gaineth a wicked Gain.*

Oh Sons of Earth! Attempt ye ſtill to riſe,
By Mountains pil'd on Mountains, to the Skies?
Heav'n ſtill with Laughter the vain Toil ſurveys,
And buries Madmen in the Heaps they raiſe.
Who wickedly is wiſe, or madly brave,
Is but the more a Fool, or more a Knave.

Pope's Eſſay on Man.

and unſubſtantial a Pleaſure the higheſt Gratifications of it afford; how many cruel Mortifications it expoſes us to, by awakening the Envy of others; to what Meanneſs it often makes us ſubmit; how frequently it loſeth its End by purſuing it with too much Ardor; (for Virtue and real Excellence will riſe to the View of the World, tho' it be not mounted on the Wings of Ambition, which by ſoaring too high procures but a more fatal Fall;) and how much more ſolid Pleaſure the Approbation of Conſcience will yield, than the Acclamations of ignorant and miſtaken Men, who, judging by Externals only, cannot know our true Character; and whoſe Commendations a wiſe Man would rather deſpiſe than court. 'Examine but the Size of People's Senſe, and 'the Condition of their Underſtanding, and you 'will never be fond of Popularity, nor afraid of 'Cenſure; nor ſolicitous what Judgment they 'may form of you, who know not how to judge 'rightly of themſelves (*r*).'

(*r*) Διελθε εσω εις τα ηγεμονικα αυτων, και οψει τινας κριτας φοβη οιους και περι αυτων οντας κριτας. *Marc. Anton. lib.* ix. § 18.

CHAP.

CHAP. XIII.

What kind of Knowledge we are already furniſhed with, and what Degree of Eſteem we ſet upon it.

XII. A MAN *can never rightly know himſelf, unleſs he examines into his Knowledge of other Things.*

We muſt conſider then the Knowledge we have; and whether we do not ſet too high a Price upon it, and too great a Value upon ourſelves on the Account of it; of what real Uſe it is to us, and what Effect it hath upon us; whether it does not make us too ſtiff, unſociable, and aſſuming; teſty and ſupercilious, and ready to deſpiſe others for their ſuppoſed Ignorance. If ſo, our Knowledge, be it what it will, does us more Harm than Good. We were better without it; Ignorance itſelf would not render us ſo ridiculous. Such a Temper, with all our Knowledge, ſhows that we *know not ourſelves.*

'A Man is certainly proud of that Knowledge 'he deſpiſes others for the Want of.'

How common is it for ſome Men to be fond of appearing to know more than they do, and of ſeeming to be thought Men of Knowledge? To which End they exhauſt their Fund almoſt in all Companies, to outſhine the reſt. So that in two or three Converſations they are drawn dry, and

and you ſee to the Bottom of them much ſooner than you could at firſt imagine. And even that Torrent of Learning, which they pour out upon you at firſt ſo unmercifully, rather confounds than ſatisfies you; their viſible Aim is not to inform *your* Judgment, but diſplay their *own*; you have many Things to query and except againſt, but their Loquacity gives you no room; and their good Senſe ſet off to ſo much Advantage ſtrikes a modeſt Man dumb; if you inſiſt upon your Right to examine, they retreat, either in Confuſion or Equivocation? and, like the Scuttle-Fiſh, throw a large Quantity of Ink behind them, that you may not ſee where to purſue. Whence this Foible flows is obvious enough. *Self-Knowledge* would ſoon correct it.

But as ſome ignorantly affect to be more knowing than they are, ſo others vainly affect to be more ignorant than they are; who, to ſhew they have greater Inſight and Penetration than other Men, inſiſt upon the abſolute uncertainty of Science; will diſpute even firſt Principles; grant nothing as certain, and ſo run into down-right *Pyrrhoniſm*; the too common Effect of abſtracted Debates *exceſſively* refined (*s*).

Every

(*s*) *Socrates*'s Saying, Nihil ſe ſcire, niſi id ipſum, favoured of an affected Humility. But they that followed went further; and particularly *Arceſilas*, Negabat eſſe quicquam, quod ſciri poteſt; ne illud quidem ipſum quod Socrates ſibi reliquiſſet. And thus the Abſurdity grew to a Size that was monſtrous. *For to know that one knows nothing, is a Contradiction. And not to know*

that

Every one is apt to ſet the greateſt Value upon that Kind of Knowledge, in which he imagines he himſelf moſt excels; and to undervalue all other Kinds of Knowledge in Compariſon of it. There wants ſome certain Rule then, by which every Man's Knowledge is to be tried, and the Value of it eſtimated And let it be this. —— "That is the beſt and moſt valuable Kind of "Knowledge that is moſt ſubſervient to the beſt "Ends; *i. e.* which tends to make a Man wiſer "and better, or more agreeable and uſeful both "to himſelf and others." —— For Knowledge is but a *Means* that relates to ſome *End.* And as all Means are to be judged of by the Excellency of their Ends, and their Expediency to produce them; ſo *that* muſt be the beſt Knowledge that hath the *directeſt* Tendency to promote the *beſt* Ends; *viz.* a Man's own true Happineſs, and that of others; in which the Glory of GOD, the ultimate End, is ever neceſſarily compriſed.

Now if we were to judge of the ſeveral Kinds of Science by this Rule, we ſhould find, (1.) Some of them to be very *hurtful* and *pernicious*; as tending to pervert the true End of Knowledge; to ruin a Man's own Happineſs, and make him more injurious to Society. Such is the Knowledge of Vice, the various Temptations to it, and the ſecret Ways of Practiſing it; eſpecially the Arts of Diſſimulation, Fraud, and Diſhoneſty.

(2.) Others

that he knows even that, is not to know but that he may know ſomething. Relig. of Nat. del. pag. 40.

(2.) Others will be found *unprofitable* and *uſeleſs*. As thoſe Parts of Knowledge which, tho' they may take up much Time and Pains to acquire, yet anſwer no valuable Purpoſe; and ſerve only for Amuſement, and the Entertainment of the Imagination, For Inſtance, an Acquaintance with Plays, Novels, Games, and Modes, in which a Man may be very critical and expert, and yet not a whit the wiſer or more uſeful Man. (3.) Other Kinds of Knowledge are good only *relatively* or conditionally, and may be more uſeful to one than another; *viz.* a Skill in a Man's particular Occupation or Calling, on which his Credit, Livelihood, or Uſefulneſs in the World depends. And as this Kind of Knowledge is valuable in Proportion to its End, ſo it ought to be cultivated with a Diligence and Eſteem anſwerable to that. (Laſtly,) Other Kinds of Knowledge are good *abſolutely* and univerſally; *viz.* the Knowledge of GOD and ourſelves, the Nature of our final Happineſs, and the Way to it. This is equally neceſſary to all. And how thankful ſhould we be, that we, who live under the Light of the Goſpel, and enjoy that Light in its Perfection and Purity, have ſo many happy Means and Opportunities of attaining this moſt uſeful and neceſſary Kind of Knowledge!

A Man can never underſtand himſelf then, till he makes a right Eſtimate of his Knowledge; till he examines what Kind of Knowledge he values himſelf moſt upon, and moſt diligently cultivates; how

how high a Value he ſets upon it; what Good it does him; what Effect it hath upon him; what he is the better for it; what End it anſwers now; or what it is like to anſwer hereafter.

There is nothing in which a Man's Self-Ignorance diſcovers itſelf more, than in the Eſteem he hath for his Underſtanding, or for himſelf on Account of it. It is a trite and true Obſervation, that *empty Things make the moſt Sound.* Men of the leaſt Knowledge are moſt apt to make a Show of it, and to value themſelves upon it; which is very viſible in forward confident Youth, raw conceited Academicks, and thoſe who, uneducated in Youth, betake themſelves in later Life to Reading, without Taſte or Judgment, only as an Accompliſhment, and to make a Show of Scholarſhip; who have juſt Learning enough to ſpoil Company, and render themſelves ridiculous, but not enough to make either themſelves or others at all the wiſer.

But beſide the forementioned Kinds of Knowledge, there is another which is commonly called *falſe Knowledge*; which, tho' it often impoſes upon Men under the Show and Semblance of true Knowledge, is really worſe than Ignorance. Some Men have learned a great many Things, and have taken a great deal of Pains to learn them, and ſtand very high in their own Opinion on Account of them, which yet they muſt unlearn before they are truly wiſe. They have been at a vaſt Expence of Time, and Pains, and Patl-

ence, to heap together, and to confirm themſelves in, a Set of wrong Notions, which they lay up in their Minds as a Fund of valuable Knowledge; which if they try by the forementioned Rules, *viz.* "the Tendency they have to *make them* "*wiſer and better*, or *more uſeful and beneficial to* "*others*," will be found to be worth juſt nothing at all.

Beware of this falſe Knowledge. For as there is nothing of which Men are more obſtinately tenacious, ſo there is nothing that renders them more vain, or more averſe to *Self-Knowledge*. Of all Things, Men are moſt fond of their wrong Notions.

The Apoſtle *Paul* often ſpeaks of theſe Men, and their Self-Sufficiency, in very poinant Terms; who, *tho' they ſeem wiſe, yet* (ſays he) *muſt become Fools before they are wiſe*, 1 Cor. iii. 18. Tho' they think they know a great deal, *know nothing yet as they ought to know*, 1 Cor. viii. 2. But *deceive themſelves, by thinking themſelves ſomething when they are nothing*, Gal. vi. 3. And whilſt they *deſire to be Teachers of others, underſtand not what they ſay, nor whereof they affirm*, 1 Tim. i. 7. And *want themſelves to be taught what are the firſt Rudiments and Principles* of Wiſdom, Heb. v. 12.

CHAP.

CHAP. XIV.

Concerning the Knowledge, Guard, and Government of our Thoughts

XIII. ANOTHER *Part of Self-Knowledge conſiſts in a due Acquaintance with our own Thoughts, and the inward Workings of the Imagination.*

The right Government of the *Thoughts* requires no ſmall Art, Vigilance, and Reſolution. But it is a Matter of ſuch vaſt Importance to the Peace and Improvement of the Mind, that it is worth while to be at ſome Pains about it. A Man that hath ſo numerous and turbulent a Family to govern as his own Thoughts, which are ſo apt to be under the Influence and Command of his *Paſſions* and *Appetites*, ought not to be long from Home. If he is, they will ſoon grow mutinous and diſorderly under the Conduct of thoſe two headſtrong Guides, and raiſe great Clamours and Diſturbances, and ſometimes on the ſlighteſt Occaſions. And a more dreadful Scene of Miſery can hardly be imagined, than that which is occaſioned by ſuch a Tumult and Uproar within; when a raging Conſcience or inflamed Paſſions are let looſe without Check or Controul. A City in Flames, or the Mutiny of a drunken Crew *aboard*, who have murdered the *Captain*,

andare but chering one another, are but faint Emblems of it. The Torment of the Mind, under ſuch an Inſurrection and mercileſs Ravage of the Paſſions, is not eaſy to be conceived. The moſt revengeful Man cannot wiſh his Enemy a greater.

Of what vaſt Importance then is it for a Man to watch over his Thoughts, in order to a right Government of them? To conſider what Kind of Thoughts find the eaſieſt Admiſſion, in what Manner they inſinuate themſelves, and upon what Occaſions.

It was an excellent Rule which a wiſe Heathen preſcribed to himſelf, in his private Meditations; *Manage*, (ſaith he) *all your Actions and Thoughts in ſuch a Manner, as if you were juſt going out of the World* (*t*). Again, (ſaith he) *A Man is ſeldom, if ever, unhappy for not knowing the Thoughts of others; but he that does not attend to the Motions of his own, is certainly miſerable* (*u*).

It

(*t*) *Marc. Anton. Medit. lib.* 2. § 11.

(*u*) *Marc. Anton. lib.* 2. § 8.

" Nothing can be more unhappy than that Man, who ran-
" ges every where, ranſacks every Thing, digs into the Bowels
" of the Earth, dives into other Mens Boſoms, but does not
" conſider all the while that his own Mind will afford him
" ſufficient Scope for Enquiry and Entertainment, and that the
" Care and Improvement of himſelf will give him Buſineſs
" enough. *Id. lib.* 2. § 13.

" Your Diſpoſition will be ſuitable to that which you moſt
" frequently think on; for the Soul is, as it were, tinged
" with the Colour and Complexion of its own Thoughts."
Id. lib. 5. § 16.

It may be worth our while then here to discuss this Matter a little more particularly; and consider, (1.) *What kind of Thoughts are to be excluded or rejected.* And (2.) *What ought to be indulged and entertained in the Heart.*

I. *Some Thoughts ought to be immediately banished as soon as they have found Entrance.* —— And if we are often troubled with them, the safest Way will be to keep a good Guard on the Avenues of the Mind by which they enter, and avoid those Occasions which commonly excite them. For sometimes it is much easier to prevent a bad Thought entering the Mind, than to get rid of it when it is entered. —— More particularly,

(1.) Watch against all *fretful* and *discontented* Thoughts, which do but chafe and wound the Mind to no purpose. To harbour these, is to do yourself more Injury than it is in the Power of your greatest Enemy to do you. It is equally a Christian's Interest and Duty to *learn, in whatever State he is, therewith to be content*, Phil. iv. 11.

(2.) Harbour not too *anxious* and *apprehensive* Thoughts. By giving Way to tormenting Fears, Suspicions of some approaching Danger or troublesome Event, some not only anticipate, but double the Evil they fear; and undergo much more from the Apprehension of it before it comes, than by suffering it when it is come. This is a great, but common Weakness; which a Man should endeavour to arm himself against by such

kind of Reflections as theſe; —— "Are not all "theſe Events under the certain Direction of a "wiſe Providence? If they befall me, they are "then that Share of Suffering which GOD hath "appointed me; and which he expects I ſhould "bear as a Chriſtian. How often hath my too "timorous Heart magnified former Trials? which "I found to be leſs in Reality than they appeared "in their Approach. And perhaps the formi-"dable Aſpect they put on, is only a Stratagem "of the great Enemy of my beſt Intereſt, de-"ſigned on purpoſe to divert me from ſome Point "of Duty, or to draw me into ſome Sin, to "avoid them. However, why ſhould I torment "myſelf to no purpoſe? The Pain and Afflic-"tion the dreaded Evil will give me when it "comes, is of GOD's ſending; the Pain I feel "in the Apprehenſion of it before it comes, is "of my own procuring. Whereby I often make "my Sufferings more than double; for this Over-"plus of them, which I bring upon myſelf, "is often greater than that Meaſure of them "which the Hand of Providence immediately "brings upon me."

(3.) Diſmiſs, as ſoon as may be, all *angry* and *wrathful* Thoughts. Theſe will but canker and corrode the Mind, and diſpoſe it to the worſt Temper in the World, *viz.* that of fixed *Malice* and *Revenge*. Anger may ſteal into the Heart of a wiſe Man, but it *reſts* only *in the Boſom of Fools*, Eccleſ. vii. 9. Make all the moſt candid Allow-

Allowances for the Offender. Conſider his Natural Temper. Turn your Anger into Pity: Repeat 1 *Cor.* xiii. Think of the Patience and Meekneſs of *Chriſt*, and the Petition in the *Lord's-Prayer*; and how much you ſtand in need of Forgiveneſs yourſelf, both from GOD and Man; how fruitleſs, how fooliſh is indulged Reſentment; how tormenting to yourſelf. You have too much Good-nature willingly to give others ſo much Torment; and why ſhould you give it yourſelf? You are commanded to *love your Neighbour as yourſelf*, but not forbidden to love yourſelf as much. And why ſhould you do yourſelf that Injury, which your Enemy would be glad to do you? * Eſpecially,

(4.) Baniſh all *malignant* and *revengeful* Thoughts. A Spirit of Revenge is the very Spirit of the Devil; than which nothing makes a Man more like him; and nothing can be more oppoſite to the Temper which Chriſtianity was deſigned to promote. If your Revenge be not ſatisfied, it will give you Torment *now*; if it be, it will give you greater hereafter. None is a greater Self-Tormentor than a malicious and revengful Man, who

* The Chriſtian Precept in this Caſe is, *let not the Sun go down upon your Wrath*, Eph. iv. 26. And this Precept *Plutarch* tells us the *Pythagoreans* practiſed in a literal Senſe: "Who, if at any Time in a Paſſion they broke out into opprobrious Language, before Sun-ſet gave one another their Hands, and with them a Diſcharge from all Injuries; and ſo with a mutual Reconciliation parted Friends." *Plut. Mor. Vol.* iii. *pag.* 89.

who turns the Poiſon of his own Temper in upon himſelf (*w*).

(5.) Drive from the Mind all *ſilly*, *trifling*, and *unreaſonable* Thoughts; which ſometimes get into it we know not how, and ſeize and poſſeſs it before we are aware; and hold it in empty, idle Amuſements, that yield it neither Pleaſure nor Profit, and turn to no Manner of Account in the World; only conſume Time, and prevent a better Employment of the Mind. And indeed there is little Difference whether we ſpend the Time in Sleep, or in theſe waking Dreams. Nay, if the Thoughts which thus inſenſibly ſteal upon you be not altogether abſurd and whimſical, yet if they be impertinent and unſeaſonable, they ought to be diſmiſſed, becauſe they keep out better Company.

(6.) Caſt out all *wild* and *extravagant* Thoughts, all *vain* and *fantaſtical* Imaginations. Suffer not your Thoughts to roam upon Things that never were, and perhaps never will be; to give you a viſionary Pleaſure in the Proſpect of what you have not the leaſt Reaſon to hope, or a needleſs Pain in the Apprehenſion of what you have not the leaſt Reaſon to fear. —— The Truth is, next to a clear Conſcience and a ſound Judgment, there is not a greater Bleſſing than a *regular* and *well-*

(*w*) Malitia ipſa maximam partem veneni ſui bibit. —— Illud venenum quod ſerpentes in alienam perniciem proferunt, ſine ſuâ continent. Non eſt huic ſimile; hoc habentibus peſſimum eſt. *Sen. Epiſt.* 82.

well-governed Imagination; to be able to view Things as they are, in their true Light and proper Colours; and to diſtinguiſh the falſe Images that are painted on the Fancy, from the Repreſentations of Truth and Reaſon. For how common a Thing is it for Men, before they are aware, to confound Reaſon and Fancy, Truth and Imagination together? To take the Flaſhes of the animal Spirits for the Light of Evidence? And think they believe Things to be true or falſe, when they only *fancy* them to be ſo? And fancy them to be ſo, becauſe they *would have* them ſo? Not conſidering that mere Fancy is only the *Ignis fatuus* of the Mind; which often appears brighteſt, when the Mind is moſt covered with Darkneſs; and will be ſure to lead them aſtray, who follow it as their Guide. Near akin to theſe are,

(7.) *Romantick* and *chimerical* Thoughts. By which I mean that kind of Wild fire, which the Briſkneſs of the animal Spirits ſometimes ſuddenly flaſhes upon the Mind, and excites Images that are ſo *extremely* ridiculous and abſurd, that one can ſcarce forbear wondering how they could get Admittance. Theſe random Flights of the Fancy are ſoon gone; and ſo differ from that Caſtle-building of the Imagination before-mentioned, which is a more ſettled Amuſement. But theſe are too incoherent and ſenſeleſs to be of long Continuance; and are the maddeſt Sallies and the moſt ramping Reveries of the Fancy, that can be.

—— I know not whether my reader underſtands *now* what I mean; but if he attentively regards all that paſſes through his Mind, perhaps he may hereafter by Experience.

(8.) Repel all *impure* and *laſcivious* Thoughts; which taint and pollute the Mind; and tho' hid from Men, are known to GOD, in whoſe Eye they are abominable. Our Saviour warns us againſt theſe as a kind of Spiritual *Fronication*, Mat. v. 28. and inconſiſtent with that *Purity of Heart* which his Goſpel requires.

(9.) Take care how you too much indulge *gloomy* and *melancholy* Thoughts. Some are diſpoſed to ſee every Thing in the worſt Light. A black Cloud hangs hovering over their Minds; which, when it falls in Showers through the Eyes, is diſperſed; and all within is ſerene again. This is often purely mechanical; and owing either to ſome Fault in the bodily Conſtitution, or ſome accidental Diſorder in the animal Frame. However, one that Conſults the Peace of his own Mind will be upon his Guard againſt this, which ſo often robs him of it.

(10.) On the other hand, let not the Imagination be too *ſprightly* and *triumphant*. Some are as unreaſonably exalted, as others are depreſſed; and the ſame Perſon at different Times often runs into both Extreams; according to the different Temper and Flow of the animal Spirits. And therefore the Thoughts, which ſo eagerly crowd into the Mind at ſuch Times, ought to be

ſuſpected

ſuſpected and well-guarded; otherwiſe they will impoſe upon our Judgments, and lead us to form ſuch a Notion of ourſelves and of Things, which we ſhall ſoon ſee fit to alter, when the Mind is in a more ſettled and ſedate Frame.

Before we let our Thoughts judge of Things, we muſt ſet Reaſon to judge our Thoughts; for they are not always in a proper Condition to execute that Office. We do not believe the Character which a Man gives us of another, unleſs we have a good Opinion of his own; ſo neither ſhould we believe the Verdict which the Mind pronounces, till we firſt examine whether it be impartial and unbiaſſed; whether it be in a proper Temper to judge, and have proper Lights to judge by. The Want of this previous Act of *Self-Judgment*, is the Cauſe of ſo much Self-Deception and falſe Judgment.

(Laſtly,) With Abhorrence reject immediately all *profane* and *blaſphemous* Thoughts; which are ſometimes ſuddenly injected into the Mind, we know not *how*, tho' we may give a pretty good Gueſs *from whence*. And all thoſe Thoughts which are apparently Temptations aud inducements to Sin, our Lord hath, by his Example, taught us to treat in this Manner, *Mat.* iv. 10.

Theſe then are the Thoughts we ſhould carefully guard againſt. —— And as they will (eſpecially ſome of them) be frequently inſinuating themſelves into the Heart, remember to ſet Reaſon at the Door of it to guard the Paſſage, and

barr

barr their Entrance, or drive them out forthwith when entered; not only as impertinent, but miſchievous Intruders.

But, II. There are other kind of Thoughts which we ought to *indulge*, and with great Care and Diligence *retain* and *improve*.

Whatever Thoughts give the Mind a rational or religious Pleaſure, and tend to improve the Heart and Underſtanding, are to be favoured, often recalled, and carefully cultivated. Nor ſhould we diſmiſs them, till they have made ſome impreſſions on the Mind, which are like to abide there.

And to bring the Mind into a Habit of recovering, retaining, and improving ſuch Thoughts, two Things are neceſſary.

(1.) To habituate ourſelves to a *cloſe* and *rational Way of Thinking*. And, (2.) To *moral Reflections* and *religious Contemplations*.

(1.) To prepare and diſpoſe the Mind for the Entertainment of good and uſeful Thoughts, we muſt take care to habituate it to a *cloſe* and *rational* Way of Thinking.

When you have ſtarted a good Thought purſue it; do not preſently loſe Sight of it, or ſuffer any trifling Suggeſtion that may intervene to divert you from it. Diſmiſs it not till you have ſifted and exhauſted it; and well conſidered the ſeveral Conſequences and Inferences that reſult from it. However, retain not the Subject any longer than you find your Thoughts run freely upon

upon it; for to confine them to it when it is quite worn out, is to give them an unnatural Bent, without ſufficient Employment; which will make them flag, or be more apt to run off to ſomething elſe.

And to keep the Mind intent on the Subject you think of, you muſt be at ſome Pains to recall and refix your deſultory and rambling Thoughts. Lay open the Subject in as many Lights and Views as it is capable of being repreſented in. Clothe your beſt Ideas in pertinent and well-choſen Words, deliberately pronounced; or commit them to Writing.

Whatever be the Subject, admit of no Inferences from it, but what you ſee plain and natural. This is the Way to furniſh the Mind with true and ſolid Knowledge. As on the contrary, *falſe* Knowledge proceeds from not underſtanding the Subject, or drawing Inferences from it which are forced and unnatural; and allowing to thoſe precarious Inferences, or Conſequences drawn from *them*, the ſame Degree of Credibility as to the moſt rational and *beſt eſtabliſhed* Principles.

Beware of a *ſuperficial*, *ſlight*, or *confuſed* View of Things. Go to the Bottom of them, and examine the Foundation; and be ſatisfied with none but clear and diſtinct Ideas (when they can be had) in every Thing you read, hear, or think of. For reſting in imperfect and obſcure Ideas, is the Source of much Confuſion and Miſtake.

Accuſtom yourſelf to *ſpeak* naturally, pertinently, and rationally, on all Subjects, and you will ſoon learn to *think* ſo on the beſt; eſpecially if you often converſe with thoſe Perſons that ſpeak, and thoſe Authors that write, in that Manner.

And ſuch a Regulation and right Management of your Thoughts and rational Powers, will be of great and general Advantage to you, in the Purſuit of uſeful Knowledge, and a good Guard againſt the Levities and frantick Sallies of the Imagination. Nor will you be ſenſible of any Diſadvantage attending it, excepting one; *viz.* its making you more ſenſible of the Weakneſs and Ignorance of others, who are often talking in a random, inconſequential Manner; and whom, however, it may oftentimes be more prudent to bear with, than contradict. But the vaſt Benefit this Method will be of in tracing out Truth and detecting Error, and the Satisfaction it will give you in the cool and regular Exerciſes of Self-Employment, and in the retaining, purſuing, and improving good and uſeful Thoughts, will more than compenſate that petty Diſadvantage.

(2.) If we would have the Mind furniſhed and entertained with good Thoughts, *we muſt inure it to moral and religious Subjects.*

It is certain the Mind cannot be more nobly or uſefully employed than in ſuch kind of Contemplations. Becauſe the Knowledge it thereby acquires, is of all other the moſt excellent Knowledge; and that both in regard of its *Object* and its

its *End*; the Object of it being *GOD*, and the End of it *Eternal Happineſs.*

The great End of Religion is to *make us like GOD*, and *conduct us to the Enjoyment of Him.* And whatever hath not this plain Tendency, and eſpecially if it have the contrary, Men may call *Religion* (if they pleaſe) but they cannot call it more out of its Name. And whatever is called religious Knowledge, if it does not direct us in the Way to this End, is not religious Knowledge; but ſomething elſe *falſely ſo called.* And ſome are unhappily accuſtomed to ſuch an Abuſe of Words and Underſtanding, as not only to call, but to *think*, thoſe Things *Religion*, which are the very reverſe of it; and thoſe Notions *religious Knowledge*, which lead them the fartheſt from it.

The Sincerity of a true religious Principle cannot be better known, than by the Readineſs with which the Thoughts advert to GOD, and the Pleaſure with which they are employed in devout Exerciſes. And though a Perſon may not always be ſo well pleaſed with hearing religious Things talked of by others, whoſe different Taſte, Sentiments, or Manner of Expreſſion may have ſomething diſagreeable; yet if he have no Inclination to think of them himſelf, or converſe with himſelf about them, he hath great Reaſon to ſuſpect that his *Heart is not right with GOD.* But if he frequently and delightfully exerciſes his Mind in divine Contemplations, it will

not only be a good Mark of his Sincerity, but will habitually diſpoſe it for the Reception of the beſt and moſt uſeful Thoughts, and fit it for the nobleſt Entertainments.

Upon the whole then, it is of as great Importance for a Man to take heed what Thoughts he entertains, as what Company he keeps; for they have the ſame Effect upon the Mind. Bad Thoughts are as infectious as bad Company; and good Thoughts ſolace, inſtruct, and entertain the Mind, like good Company. And this is one great Advantage of Retirement; that a Man may chuſe what Company he pleaſes, from within himſelf.

As in the World we oftener light into bad Company than good; ſo in Solitude we are oftener troubled with impertinent and unprofitable Thoughts, than entertained with agreeable and uſeful Ones. And a Man that hath ſo far loſt the Command of himſelf, as to lie at the Mercy of every fooliſh or vexing Thought, is much in the ſame Situation as a *Hoſt*, whoſe Houſe is open to all *Comers*; whom, tho' ever ſo noiſy, rude, and troubleſome, he cannot get rid of; but with this Difference, that the *latter* hath ſome Recompence for his Trouble, the *former* none at all; but is robbed of his Peace and Quiet for nothing.

Of ſuch vaſt Importance to the Peace, as well as the Improvement of the Mind, is the right Regulation of the Thoughts. Which will be my Apology for dwelling ſo long on this Branch of the

the Subject: Which I ſhall conclude with this one Obſervation more; that it is a very dangerous Thing to think, as too many are apt to do, that it is a Matter of Indifference what Thoughts they entertain in their Hearts; ſince the Reaſon of Things concurs with the Teſtimony of the Holy Scriptures to aſſure us, *that the* allowed *Thought of Fooliſhneſs is Sin*, Prov. xxiv. 9 (*x*).

CHAP. XV.

Concerning the Memory.

XIV. A MAN *that* knows himſelf *will have a Regard not only to the Management of his* Thoughts, *but the Improvement of his* Memory.

The Memory is that Faculty of the Soul, which was deſigned for the Store-houſe or Repoſitory of its moſt uſeful Notions; where they may be laid up in Safety, to be produced upon proper Occaſions.

Now a thorough Self-Acquaintance cannot be had without a proper Regard to this in two Reſpects. (1.) Its Furniture, (2.) its Improvement.

(1.) A Man that knows himſelf will have a Regard to the *Furniture* of his Memory: Not to

(*x*) Nam ſcelus inter ſe tacitum qui cogitat ullum
Facti crimen habet.

Juv. Sat. 13.

load it with Traſh and Lumber, a Set of uſeleſs Notions or low Conceits, which he will be aſhamed to produce before Perſons of Taſte and Judgment.

If the Retention be bad, do not crowd it. It is of as ill Conſequence to overload a weak Memory, as a weak Stomach. And that it may not be cumbered with Traſh, take heed what Company you keep, what Books you read, and what Thoughts you favour; otherwiſe a great deal of uſeleſs Rubbiſh may fix there before you are aware, and take up the Room which ought to be poſſeſſed by better Notions. But let not a valuable Thought ſlip from you, though you purſue it with much Time and Pains before you overtake it. The regaining and refixing it may be of more Avail to you than many Hours Reading.

What Pity is it that Men ſhould take ſuch immenſe Pains, as ſome do, to learn thoſe Things which as ſoon as they become wiſe, they muſt take as much Pains to *unlearn!* —— A Thought that ſhould make us very curious and cautious about the proper Furniture of our Minds.

(2.) Self-Knowledge will acquaint a Man with the Extent and Capacity of his Memory, and the right Way to *improve* it.

There is no ſmall Art in improving a weak Memory, ſo as to turn it to as great an Advantage as many do theirs which are much ſtronger.

A few

A few ſhort Rules to this Purpoſe may be no unprofitable Digreſſion.

(1.) Beware of all Kinds of *Intemperance* in the Indulgence of the Appetites and Paſſions. Exceſſes of all Kinds do a great Injury to the Memory.

(2.) If it be weak do not *overlade* it. Charge it only with the moſt uſeful and ſolid Notions. A ſmall Veſſel ſhould not be ſtuffed with Lumber. But if its Freight be precious, and judiciouſly ſtowed, it may be more valuable than a Ship of twice its Burden.

(4.) Recur to the Help of a *Common Place-Book*, according to *Mr. Locke*'s Method. And review it once a Year. But take care that by confiding to our Minutes or memorial Aids, you do not excuſe the Labour of the Memory; which is one Diſadvantage attending this Method.

(4.) Take every Opportunity of uttering your beſt Thoughts in *Converſation*, when the Subject will admit it. That will deeply imprint them. Hence the Tales which common Story-Tellers relate, they never forget, tho' ever ſo ſilly.

(5.) Join to the Idea you would remember ſome other that is more familiar to you, which bears ſome *Similitude* to it either in its Nature, or in the Sound of the Word by which it is expreſſed; or that hath ſome Relation to it either in Time or Place. And then by recalling *this*, which is eaſily remembered, you will (by that *Concatenation* or *Connection* of *Ideas* which Mr.

Locke

Locke takes Notice of) draw in *that* which is thus linked or joined with it; which otherwiſe you might hunt after in vain. —— This Rule is of excellent Uſe to help you to remember *Names*.

(6.) What you are determined to remember, think of before you go to Sleep at *Night*, and the firſt Thing in the *Morning*, when the Faculties are freſh. And recollect at Evening every Thing worth remembering the Day paſt.

(7.) Think it not enough to furniſh this Storehouſe of the Mind with good Thoughts, but lay them up there in *Order*, digeſted or ranged under proper Subjects or Claſſes. That whatever Subject you have Occaſion to think or talk upon you may have recourſe immediately to a good Thought, which you heretofore laid up there under *that Subject*. So that the very Mention of the Subject may bring the Thought to hand; by which means you will carry a regular *Common Place-Book* in your Memory. And it may not be amiſs ſometimes to take an *Inventory* of this mental Furniture, and recollect how many good Thoughts you have there treaſured up under ſuch particular Subjects, and whence you had them.

(Laſtly,) Nothing helps the Memory more than often *Thinking*, *Writing*, or *Talking* on thoſe Subjects you would remember. —— But enough of this.

CHAP.

CHAP. XVI.

Concerning the mental Taſte.

XV. A MAN *that* knows himſelf, *is ſenſible of and attentive to the particular* Taſte of his Mind, *eſpecially in Matters of Religion.*

As the late Mr. *Howe* judiciouſly obſerves, 'there is beſide bare Underſtanding and Judgment, and diverſe from that heavenly Gift 'which in the Scripture is called Grace, ſuch a 'Thing as *Guſt* and *Reliſh* belonging to the Mind 'of Man, (and, I doubt not, with all Men, if 'they obſerve themſelves) and which are as unaccountable and as various as the Reliſhes and 'Diſguſts of *Senſe*, This *they* only wonder at 'who *underſtand not themſelves*, or will conſider 'no body but themſelves. —— So that it cannot 'be ſaid univerſally, that it is a better Judgment, 'or more Grace that determines Men the one 'Way or the other; but ſomewhat in the Temper of their Minds diſtinct from *both*, which 'I know not how better to expreſs than by 'MENTAL TASTE. —— And this hath 'no more of Myſtery in it, than that there 'is ſuch a Thing belonging to our Natures as 'Complacency and Diſplicency in reference to the 'Objects of the Mind. And this, in the Kind 'of it, is as common to Men as Human Nature; 'but

'but as much diverſified in Individuals as Men's 'other Inclinations are (*y*).'

Now this different *Taſte* in Matters relating to Religion, (tho' it may be ſometimes natural or what is born with a Man, yet) generally ariſes from the Difference of Education and Cuſtom. And the true Reaſon why ſome Perſons have an inveterate Diſreliſh to certain Circumſtantials of Religion, tho' ever ſo juſtifiable, and at the ſame Time a fixed Eſteem for others that are more exceptionable, may be no better than what I have heard ſome very honeſtly profeſs, *viz.* that the one they have been uſed to, and the other not. As a Perſon by long Uſe and Habit acquires a greater Reliſh for coarſe and unwholeſome Food than the moſt delicate Diet; ſo a Perſon long habituated to a ſet of Phraſes, Notions, and Modes, may by Degrees come to have ſuch a Veneration and Eſteem for them, as to deſpiſe and condemn others which they have not been accuſtomed to, tho' perhaps more edifying and more agreeable to Scripture and Reaſon.

This particular *Taſte* in Matters of Religion differs very much (as Mr. *Howe* well obſerves) both from Judgment and Grace.

However, it is often miſtaken for both; when it is miſtaken for the former, it leads to *Error*; when miſtaken for the latter, to *Cenſoriouſneſs*.

This

(*y*) See his *humble Requeſt both to Conformiſts and Diſſenters.*

This different Taſte of mental Objects is much the ſame with that, which with regard to the Objects of Senſe we call *Fancy*; for as one Man cannot be ſaid to have a better Judgment in Food than another, purely becauſe he likes ſome Kind of Meats better than he; ſo neither can he be ſaid to have a better Judgment in Matters of Religion, purely becauſe he hath a greater Fondneſs for ſome particular Doctrines and Forms.

But though this *mental Taſte* be not the ſame as the Judgment, yet it often draws the Judgment to it; and ſometimes very much perverts it.

This appears in nothing more evidently than in the Judgment People paſs upon the Sermons they hear. Some are beſt pleaſed with thoſe Diſcourſes that are *pathetic* and *warming*, others with what is more *ſolid* and *rational*, and others with the *ſublime* and *myſtical*; nothing can be too *plain* for the Taſte of ſome, or too *refined* for that of others. Some are for having the Addreſs only to their Reaſon and Underſtanding, others only to their Affections and Paſſions, and others to their Experience and Conſciences. And every Hearer or Reader is apt to judge according to his particular Taſte, and to eſteem him the beſt Preacher or Writer who pleaſes him moſt; without examining firſt his own particular Taſte, by which he judgeth.

It is natural indeed for every one to deſire to have his own Taſte pleaſed, but it is unreaſonable in him to ſet it up as the beſt, and make it a

Teſt

Teſt and Standard to others. But much more unreaſonable to expect that he who ſpeaks in Publick ſhould always ſpeak to *his* Taſte; which might as reaſonably be expected by another of a different Taſte. But it can no more be expected, that what is delivered to a Multitude of Hearers ſhould alike ſuit all their Taſtes, than that a ſingle Diſh, tho' prepared with ever ſo much Art and Exactneſs, ſhould equally pleaſe a great Variety of Appetites; among which there may be ſome, perhaps, very nice and ſickly.

It is the Preacher's Duty to adapt his Subjects to the Taſte of his Hearers, as far as Fidelity and Conſcience will admit; becauſe it is well known from Reaſon and Experience, as well as from the Advice and Practice of the Apoſtle *Paul* (z), that this is the beſt Way to promote their Edification. But if their Taſte be totally vitiated, and incline them to take in that which will do them more harm than good, and to reliſh Poiſon more than Food, the moſt charitable Thing the Preacher can do in that Caſe is, to endeavour to correct ſo vicious an Appetite, which loaths that which is moſt wholeſome, and craves that which is pernicious; this, I ſay, it is his Duty to attempt in the moſt gentle and prudent Manner he can, though he run the Riſk of having

(z) Rom. xv. 2. *Let every one of us pleaſe his Neighbour for his Good to Edification.* 1 Cor. ix. 22. *To the Weak, became I weak, that I might gain the Weak, I am made all Things to all Men, that I Might by all means ſave ſome.*

having his Judgment or Orthodoxy called into Queſtion by them, as it very poſſibly may; for commonly they are the moſt arbitrary and unmerciful Judges in this Caſe, who are leaſt able to judge.

There is not perhaps a more unaccountable Weakneſs in Human Nature than this, that with regard to religious Matters, our animoſities are generally greateſt where our Differences are leaſt: They who come pretty near to our Standard, but ſtop ſhort there, are more the Object of our Diſguſt and Cenſure, than they who continue at the greateſt Diſtance from it. And it requires the greateſt Knowledge and Command of our Temper to get over this Weakneſs. To whatever ſecret Spring in the Human Mind it may be owing, I ſhall not ſtay to enquire; but the Thing itſelf is too obvious not to be taken Notice of.

Now we ſhould all of us be careful to find out and examine our proper *Taſte* of religious Things; that if it be a falſe one, we may rectify it; if a bad one, mend it; if a right and good one, ſtrengthen and improve it. For the Mind is capable of a falſe Taſte, as well as the Palate: And comes by it the ſame Way; *viz.* by being long uſed to unnatural Reliſhes, which by Cuſtom become grateful. And having found out what it is, and examined it by the Teſt of Scripture, Reaſon, and Conſcience, if it be not very wrong let us indulge it, and read thoſe Books that

are moſt ſuited to it, which for that Reaſon will be moſt edifying. But at the ſame Time let us take Care of two Things, (1.) That it do not bias our Judgment, and draw us into *Error*. (2.) That it do not cramp our Charity, and lead us to *Cenſoriouſneſs*.

CHAP. XVII.

Of our great and governing Views in Life.

XVI. ANOTHER *Part of* Self-Knowledge, *is to know what are the great Ends for which we live.*

We muſt conſider what is the ultimate Scope we drive at; the general Maxims and Principles we live by; or whether we have not yet determined our End, and are governed by no fixed Principles; or by ſuch as we are aſhamed to own.

There are few that live ſo much at random as not to have ſome main End in Eye; ſomething that influences their Conduct, and is the great Object of their Purſuit and Hope. A Man cannot live without ſome *leading* Views; a wiſe Man will always know what they are, whether it is fit he ſhould be led by them or no; whether they be ſuch as his Underſtanding and Reaſon approve, or only ſuch as Fancy and Inclination

clination ſuggeſt. He will be as much concerned to *act* with Reaſon, as to talk with Reaſon; as much aſhamed of a Soleciſm and Contradiction in his Character, as in his Converſation.

Where do our Views center? In this World we are in; or in that we are going to? If our Hopes and Joys center here, it is a mortifying Thought, that we are every Day *departing from our Happineſs*; but if they are fixed above, it is a Joy to think that we are every Day *drawing nearer* to the Object of our higheſt Wiſhes.

Is our main Care to appear great in the Eye of Man; or good in the Eye of GOD? If the former; we expoſe ourſelves to the Pain of a perpetual Diſappointment. For it is much if the Envy of Men do not rob us of a great deal of our juſt Praiſe, or if our Vanity will be content with that they allow us. But if the latter be our main Care; if our chief View is to be approved of GOD, we are laying up a Fund of the moſt laſting and ſolid Satisfactions. Not to ſay that this is the trueſt Way to appear great in the Eye of Men; and to conciliate the Eſteem of all thoſe whoſe Praiſe is worth our Wiſh.

"Be this then, O my Soul, thy wiſe and "ſteady Purſuit; let this circumſcribe and direct "thy Views; be this a Law to thee, from which "account it a Sin to depart, whatever Diſre-"ſpect or Contempt it may expoſe thee to from

" others (*a*) ; be this the Character thou resolvest " to live up to, and at all Times to maintain " both in publick and private (*b*), *viz.* a Friend " and Lover of GOD; in whose Favour thou " centerest all thy present and future Hopes. " Carry this View with thee through Life, and " dare not in any Instance to act inconsistently " with it."

CHAP. XVIII.

How to know the true State of our Souls; and whether we are fit to die.

LASTLY, *the most important Point of* Self-Knowledge *after all is, to know the true State of our Souls towards GOD; and in what Condition we are to die.*

These two Things are inseparably connected in their Nature, and therefore I put them together. The Knowledge of the former will determine the latter, and is the only Thing that can determine it; for no Man can tell whether he is

(*a*) Οσα προτιθεται, τουτοις ως νομοις, και ως ασεβησων αν παραβης τι τουτων, εμμενε. Οτι δ αν ερη τις περι σου μη επιστρεφου. *Epict. Enchir. cap.* 74. —— *What you have once wisely proposed stick to, as a Law not to be violated wihout Guilt. And mind not what others say of you.*

(*b*) Ταξον, τινα ηδη χαρακτηρα σεαυτω, και τυπον, ον φυλαξης επι τε σεαυτου ων, και ανθρωποις εντυγχανων *Idem. cap.* 40. —— *Fix your Character, and keep to it; whether alone or in Company.*

is fit for Death, till he is acquainted with the true State of his own Soul.

This now is a Matter of such vast Moment, that it is amazing any considerate Man, or any one who thinks what it is to die, should rest satisfied with an Uncertainty in it. —— Let us trace out this important Point then with all possible Plainness; and see if we cannot come to some Satisfaction in it upon the most solid Principles.

In order to know then whether we are fit to die, we must first know *what it is that fits us for Death.* —— And the Answer to this is very natural and easy; *viz.* that only fits us for Death, *that fits us for Happiness after Death.*

This is certain. —— But the Question returns. *What is it that fits us for Happiness after Death?*

Now in answer to this, there is a previous Question necessary to be determined; *viz. What that Happiness is?*

It is not a Fool's Paradise, or a Turkish Dream of sensitive Gratifications. It must be a Happiness suited to the Nature of the Soul, and what it is capable of enjoying in a State of Separation from the Body. And what can that be, but *the Enjoyment of GOD*, the best of Beings, and the Author of ours?

The Question then comes to this; *What is that which fits us for the* Enjoyment of GOD, in the future State of separate Spirits?

And methinks we may bring this Matter to a very ſure and ſhort Iſſue; by ſaying it is *that which makes us like to him now.* —— This only is our proper Qualification for the Enjoyment of him after Death, and therefore our only proper Preparation for Death. For how can they, who are unlike to GOD here, expect to enjoy him hereafter? And if they have no juſt Ground to hope that they ſhall enjoy GOD in the other World, how are they fit to die? ——

So that the great Queſtion, *Am I fit to die?* reſolves itſelf into this, *Am I like to GOD?* For it is this only that fits me for Heaven; and that which fits me for Heaven is the only Thing that fits me for Death.

Let this Point then be well ſearched into, and examined very deliberately and impartially.

Moſt certain it is, that GOD can take no real Complacency in any but thoſe that are like Him; And it is as certain, that none but thoſe that are like Him can take Pleaſure in *Him.* — But GOD is a moſt pure and holy Being; a Being of infinite Love, Mercy and Patience; whoſe Righteouſneſs is invariable, whoſe Veracity inviolable, and whoſe Wiſdom unerring. Theſe are the moral Attributes of the Divine Being, in which he requires us to imitate Him; the expreſs Lineaments of the Divine Nature, in which all good Men bear a Reſemblance to Him; and for the Sake of which only they are the Objects of his Delight: For GOD can love none but thoſe that bear

bear this Impreſs of his own Image on their Souls. —— Do we find then theſe viſible Traces of the Divine Image there? Can we make out our Likeneſs to Him in his Holineſs, Goodneſs, Mercy, Righteouſneſs, Truth, and Wiſdom? If ſo, it is certain we are capable of enjoying Him, and are the proper Objects of his Love. —— By this we know we are fit to die, becauſe by *this* we know we are fit for Happineſs after Death.

Thus then, if we are faithful to our Conſciences, and impartial in the Examination of our Lives and Tempers, we may ſoon come to a right Determination of this Important Queſtion, *What is the true Sate of our Souls towards GOD? and in what Condition are we to die* * *?* Which as it is the moſt important, ſo it is the laſt Inſtance of *Self-Knowledge* I ſhall mention: And with it cloſe the firſt Part of this Subject.

* "Nor do I apprehend the Knowledge of our State (call it "Aſſurance if you pleaſe) ſo uncommon and extraordinary a "Thing as ſome are apt to imagine. Underſtand by Aſſurance "a ſatisfactory Evidence of the Thing, ſuch as excludes all "reaſonable Doubts and diſquieting Fears of the contrary, "tho', it may be, not all tranſient Suſpicions and Jealouſies. "And ſuch an Aſſurance and Certainty Multitudes have at-"tained, and enjoy the Comfort of; and iudeed it is of ſo "high Importance, that it is a Wonder any thoughtful Chri-"ſtian that believes an Eternity can be eaſy one Weak or Day "without it." *Bennet's Chriſt. Orat. pag.* 569.

A TREA-

A TREATISE OF SELF-KNOWLEDGE.

PART II.

Shewing the great Excellency and Advantages of this Kind of Science.

HAVING in the former Part of the Subject laid open ſome of the main Branches of *Self-Knowledge*, or pointed out the principal Things which a Man ought to be acquainted with, relating to himſelf; I am now (Reader) to lay before you the Excellency and Uſefulneſs of this Kind of Knowledge, (as an Inducement to labour after it) by a Detail of the ſeveral great Advantages which attend it, and which ſhall be recounted in the following Chapters.

CHAP.

CHAP. I.

Self-Knowledge the Spring of Self-Poſſeſſion.

I. ONE *great Advantage of Self-Knowledge is, that it gives a Man the trueſt and moſt conſtant* Self-Poſſeſſion.

A Man that is endowed with this excellent Knowledge is calm and eaſy.

(1.) Under *Affronts* and *Defamation.* For he thinks thus: 'I am ſure I know myſelf better 'than any Man can pretend to know me. This 'Calumniator hath, indeed, at this Time miſſed 'his Mark, and ſhot his Arrows at random; 'and it is my Comfort that my Conſcience ac-'quits me of his angry Imputation. However, 'there are worſe Crimes which he might more 'juſtly accuſe me of; which though hid from 'him, are known to myſelf. Let me ſet about 'reforming them; leſt, if they come to his No-'tice, he ſhould attack me in a more defence-'leſs Part, find ſomething to faſten his Ob-'loquy, and fix a laſting Reproach upon my Cha-'racter (c).'

There-

(c) Εαν τις σοι απαγγειλη, οτι ο δεινα σε κακως λεγει, μη απολογου προς τα λεχθεντα· αλλ αποκρινου, οτι ηγνοει γαρ τα αλλα προσοντα μοι κακα, επει υκ αν ταυτα μονα ελεγεν. *Epict. Ench. cap* 48. —— *If you are told that another reviles you, do not go about to vindicate yourſelf, but reply thus; My other Faults I find are hid from him, elſe I ſhould have heard of them too.*

There is a great deal of Truth and good Senſe in that common Saying and Doctrine of the *Stoics*, tho' they might carry it too far, that *it is not Things but Thoughts that diſturb and hurt us (d).* Now as Self-Acquaintance teaches a Man the right government of the Thoughts, (as is ſhewn above, Part I. Chap. XIV.) it will help him to expel all anxious, tormenting, and fruitleſs Thoughts, and retain the moſt quieting and uſeful ones; and ſo keep all eaſy within. Let a Man but try the Experiment, and he will find that a little Reſolution will make the greateſt Part of the Difficulty vaniſh.

(2.) Self-

(d) Ταρασσει τους ανθρωπους, ου τα πραγματα, αλλα τα περι των πραγματων δογματα. *Id. cap.* 10. *It is not Things, but Mens Opinions of Things that diſturb them.*

Μεμνησο οτι ουκ ο λοιδορων η τυπτων υβριζει, αλλα το δογμα το περι τουτων ως υβριζοντων. *Id. cap.* 27. —— *Remember, it is not he that reviles or aſſaults you, that injures you, but your thinking that they have injured you.* —— Σε γαρ αλλος ου βλαψει, αν μη συ θελης· τοτε δε εση βαβλαμμενος, οταν υπολαβης βλαπτεσθαι. *Id. pag.* 37. —— *No Man can hurt you, unleſs you pleaſe to let him; then only are you hurt when you think yourſelf ſo.*

Τα πραγματα ουκ απτεται της ψυχης, αλλ εςω εςηκεν ατρεμουντα· αι δε οχλησεις εκ μονης της ενδον υποληψεως. *Marc. Anton. Med. lib.* 4. § 3. *Things do not touch the Mind, but ſtand quietly without; the Vexation comes from within, from our Suſpicions only.* —— Again, Τα πραγματα αυτα ουδ οπωςιουν ψυχης απτεται· ουδε εχει εισοδον προς ψυχην· ουδε τρεψαι ουδε κινησαι ψυκην δυναται· τρεπει δε και κινει αυτη εαυτην μονη. *Id. lib.* 5. § 19. *Things themſelves cannot affect the Mind; for they have no Entrance into it, to turn and move it. It is the Mind alone that turns and moves itſelf.*

(2.) Self-Knowledge will be a good Ballaſt to the Mind under any accidental *Hurry* or *Diſorder* of the *Paſſions*. It curbs their Impetuoſity; puts the Reins into the Hands of Reaſon; quells the riſing Storm, e'er it make Shipwreck of the Conſcience. And teaches a Man to *leave off Contention before it be meddled with*, Prov. xvii. 14. it being much ſafer to keep the Lion chained, than to encounter it in its full Strengh and Fury. And thus will a wiſe Man, for his own Peace, deal with the Paſſions of others, as well as his own.

Self-Knowledge, as it acquaints a Man with his Weakneſſes and worſt Qualities, will be his Guard againſt them; and a happy Counterballance to the Faults and Exceſſes of his natural Temper.

(3.) It will keep the Mind ſedate and calm under the Surpriſe of *bad News*, or *afflicting Providences*.

'For am I not a Creature of GOD? And 'my Life and Comforts, are they not wholly at 'his Diſpoſe, from whom I have received them; 'and by whoſe Favour I have ſo long enjoyed 'them? And by whoſe Mercy and Goodneſs I 'have ſtill ſo many left me?

"A Heathen can teach me, under ſuch Loſ-"ſes of Friends, or Eſtate, or any Comfort, to "direct my Eyes to the Hand of GOD, by "whom it was lent me, and is now recalled; "that I ought not to ſay, *it is loſt*, but *reſtored*.

"And

" And tho' I be injuriouſly deprived of it, ſtill " the Hand of GOD is to be acknowledged; " for what is it to me, by what Means, he that " gave me that Bleſſing, takes it from me a- " gain? (*e*)"

He that rightly *knows himſelf* will live every Day dependant on the Divine Author of his Mercies, for the Continuance and Enjoyment of them. And will learn from a higher Authority than that of a Heathen Moraliſt, that he hath nothing that he can properly call *his own*, or ought to depend upon as ſuch. That he is but a *Steward* employed to diſpenſe the good Things he poſſeſſes, according to the Direction of his Lord, at whoſe Pleaſure he holds them; and to whom he ſhould be ready at any Time chearfully to reſign them, *Luke* xvi. 1.

(4.) Self-Knowledge will help a Man to preſerve an Equanimity and Self-Poſſeſſion under all the various Scenes of *Adverſity* and *Proſperity*.

Both have their Temptations: To ſome the Temptations of Proſperity are the greateſt; to others, thoſe of Adverſity. *Self-Knowledge* ſhews a Man which of theſe are greateſt to *him:* And, at the Apprehenſion of them, teaches him to arm himſelf accordingly; that nothing may deprive him of his Conſtancy and Self-Poſſeſſion, or lead him to act unbecoming the Man or the Chriſtian.

(*e*) *Epict. Enchirid. cap.* 15.

We commonly ſay, *no one knows what he can bear, till he is tried.* And many Perſons verify the Obſervation, by bearing Evils much better than they feared they ſhould. Nay, the Apprehenſion of an approaching Evil often gives a Man a greater Pain than the Evil itſelf. This is owing to Inexperience and Self-Ignorance.

A Man that knows himſelf, his own Strength and Weakneſs, is not ſo ſubject as others, to the melancholy Preſages of the Imagination; and whenever they intrude, he makes no other uſe of them than to take the Warning, collect himſelf, and prepare for the coming Evil; leaving the Degree, Duration, and the Iſſue of it, with Him who is the ſovereign Diſpoſer of all Events in a quiet Dependance on his Power, Wiſdom and Goodneſs.

Such Self-Poſſeſſion is one great Effect and Advantage of *Self-Knowledge.*

CHAP. II.

Self-Knowledge leads to a wiſe and ſteady Conduct.

II. AS *Self-Knowledge will keep a Man calm and equal in his* Temper, *ſo it will make him wiſe and cautious in his* Conduct.

A precipitant and raſh Conduct is ever the Effect of a confuſed and irregular Hurry of the Thoughts.

Thoughts. So that when by the Influence of Self-Knowledge, the Thoughts become cool, ſedate, and rational, the Conduct will be ſo too. It will give a Man that even, ſteady, uniform Behaviour in the Management of his Affairs, that is ſo neceſſary for the Diſpatch of Buſineſs; and prevent many Diſappointments and Troubles which ariſe from the unſucceſsful Execution of immature or ill-judged Projects.

In ſhort, moſt of the Troubles which Men meet with in the World may be traced up to this Source, and reſolved into *Self-Ignorance*. We may complain of Providence, and complain of Men; but the Fault, if we examine it, will commonly be found to be our own. Our Imprudence, which ariſes from Self-Ignorance, either brings our Troubles upon us, or increaſes them. Want of Temper and Conduct will make any Affliction double.

What a long Train of Difficulties do ſometimes proceed from *one* wrong Step in our Conduct, which Self-Ignorance or Inconſideration betrayed us into? And every Evil that befalls us in conſequence of *that*, we are to charge upon ourſelves.

CHAP. III.

Humility the Effect of Self-Knowledge

III. TRUE *Self-Knowledge always produces* Humility.

Pride is ever the Offspring of Self-Ignorance. The Reaſon Men are vain and ſelf-ſufficient is, becauſe they do not know their own Failings; and the Reaſon they are not better acquainted with them is, becauſe they hate Self-Inſpection. Let a Man but turn his Eyes within, ſcrutinize himſelf, and ſtudy his own Heart, and he will ſoon ſee enough to make him humble. *Behold, I am vile,* (Job xl. 4.) is the Language only of Self-Knowledge (*f*).

Whence is it that young People are generally ſo vain, ſelf-ſufficient and aſſured; but becauſe they have taken no Time or Pains to cultivate a Self-Acquaintance? And why does Pride and Stiffneſs appear ſo often in advanced Age, but becauſe Men grow old in Self-Ignorance? A moderate Degree of Self-Knowledge would cure an inordinate Degree of Self-Complacency (*g*).

Humility

(*f*) Qui bene ſeipſum cognoſcit ſibi ipſi vileſcit, nec laudibus dilectatur humanis. *Tho. à Kemp. de Imit. Chr. lib.* 1. *cap.* 2.

(*g*) Quanto quis minus ſe videt, tanto minus ſe diſplicet. *Greg.*

Humility is not more neceſſary to Salvation, than Self-Knowledge is to Humility (*b*).

And eſpecially would it prevent that bad Diſpoſition, which is too apt to ſteal upon and infect ſome of the beſt human Minds; eſpecially thoſe who aim at ſingular and exalted Degrees of Piety, *viz.* a religious Vanity or *ſpiritual Pride.* Which, without a great deal of Self-Knowledge and Self-Attention, will gradually inſinuate into the Heart, taint the Mind, and ſophiſticate our Virtues before we are aware; and in Proportion to its Prevalence make the Chriſtian Temper degenerate into the *Phariſaical.*

'Might I be allowed to chuſe my own Lot, 'I ſhould think it much more eligible to want 'my ſpiritual Comforts, than to abound in 'theſe at the Expence of my Humility. No; 'let a penitent and contrite Spirit be always 'my Portion; and may I ever *ſo* be the Favou-'rite of Heaven, as never to forget that I am '*Chief of Sinners.* Knowledge in the ſublime 'and glorious Myſteries of the Chriſtian Faith, 'and raviſhing Contemplations of GOD and a 'future State, are moſt deſirable Advantages; 'but ſtill I prefer *Charity which edifieth* before

(*b*) Scio neminem abſque ſui cognitione ſalvari, de quâ nimirum mater ſalutis, humilitas oritur, et timor Domini. *Bernard.* —— Utraque cognitio Dei, ſcilicet et tui, tibi neceſſaria eſt ad ſalutem; quia ſicut ex notitiâ tui venit in te timor Dei, atque ex Dei notitiâ itidem amor; ſic è contra, ex ignorantiâ tui, ſuperbia, ac de Dei ignorantia venit deſperatio. *Idem in Cant.*

'the higheſt intellectual Perfections of that 'Knowledge *which puffeth* up, 1 Cor. viii. 1. — 'Thoſe ſpiritual Advantages are certainly beſt 'for us, which increaſe our Modeſty and awaken 'our Caution, and diſpoſe us to ſuſpect and 'deny ourſelves. —— The higheſt in GOD's 'Eſteem, are meaneſt in their own. And their 'Excellency conſiſts in the Meekneſs and Truth, 'not in the Pomp and Oſtentation of Piety, 'which affects to be ſeen and admired of 'Men (*i*).'

CHAP.

(*i*) *Stanhope's Tho. à Kemp. B.* 2. *ch.* 11.

[CHRIST.] 'My Son, when thou feeleſt thy Soul warmed 'with Devotion and holy Zeal for my Service, it will be ad-'viſable to decline all thoſe Methods of publiſhing it to the 'World, which vain Men are ſo induſtrious to take, and con-'tent thyſelf with its being known to GOD and thine own 'Conſcience. Rather endeavour to moderate and ſuppreſs thoſe 'pompous Expreſſions of it, in which ſome place the very Per-'fection of Zeal. Think meanly of thy own Virtues. —— 'Some Men of a bold ungoverned Zeal aſpire at Things beyond 'their Strength, and expreſs more Vehemence than Conduct in 'their Actions. They are perfectly carried out of themſelves 'with Eagerneſs; forget that they are ſtill poor Inſects upon 'Earth, and think of nothing leſs than building their Neſt in 'Heaven. Now theſe are often left to themſelves, and taught 'by ſad Experience, that the faint Flutterings of Men are weak 'and ineffectual; and that none ſoars to Heaven except I aſſiſt his 'Flight, and mount him on my own Wings. —— Virtue does 'not conſiſt in abundance of Illumination and Knowledge; 'but in Lowlineſs of Mind, in Meekneſs, and Charity; in a 'Mind intirely reſigned to GOD, and ſincerely diſpoſed to ſerve 'and pleaſe him; in a juſt Senſe of a Man's own Vileneſs; 'and not only thinking very meanly of one's ſelf, but be-

'ing

CHAP. IV.

Charity another Effect of Self-Knowledge.

IV. SELF-KNOWLEDGE *greatly promotes a Spirit of* Meekneſs *and* Charity.

The more a Man is acquainted with his own Failings, the more is he diſpoſed to make Allowances for thoſe of others. The Knowledge he hath of himſelf, will incline him to be as ſevere in his Animadverſions on his own Conduct, as

'ing well content to be ſo thought of by others. *Idem. Book* 3. *Chap.* 8.

" It is a dangerous Drunkenneſs, I confeſs, that of Wine; " but there is another more dangerous. How many Souls do I " ſee in the World drunk with Vanity, and a high Opinion of " themſelves? This Drunkenneſs cauſes them to make a thou- " ſand falſe Steps, and a thouſand Stumbles. Their Ways " are all oblique and crooked. Like Men in Drink, they have " always a great Opinion of their own Wiſdom, their Power " and their Prudence; all which often fail them. —— Exa- " mine well thyſelf my Soul; ſee if thou art not tainted with " this Evil. Alas, if thou denieſt it, thou proveſt it. It is " great Pride, to think one has no Pride; for it is to think you " are as good indeed, as you eſteem yourſelf. But there is no " Man in the World but eſteems himſelf better than he " truly is.

" Thou wilt ſay, it may be, thou haſt a very ill Opinion of " thyſelf. But be aſſured, my Soul, thou doſt not deſpiſe " thyſelf ſo much as thou art truly deſpicable. If thou doſt " deſpiſe thyſelf indeed thou makeſt a Merit of that very " Thing; ſo that Pride is attached to this very Contempt of " thyſelf.". *Jurieu's Method of Devot. pag.* 3. *ch.* 10.

as he is on that of others; and as candid to their Faults as he is to his own. *

There is an uncommon Beauty, Force and Propriety in that Caution which our Saviour gives us, Mat. vii. 3,——5. *And why beholdeſt thou the Mote that is in thy Brother's Eye, but conſidereſt not the Beam that is in thine own Eye? Or how wilt thou ſay to thy Brother, let me pull out the Mote out of thine Eye, and behold a Beam is in thine own Eye? Thou Hypocrite, firſt caſt the Beam out of thine own Eye, and then ſhalt thou ſee clearly to caſt out the Mote out of thy Brother's Eye.* In which Words theſe four Things are plainly intimated; (1.) That ſome are much more quick-ſighted to diſcern the Faults and Blemiſhes of others, than their own: Can ſpy a *Mote* in another's Eye ſooner than a *Beam* in their own. And commonly it is ſo; they, who are moſt quick-ſighted to the Faults of others, are moſt blind to their own. (2.) That they are often the moſt forward and officious to correct and cure the Foibles of others who are moſt unfit for it. The Beam in their own Eye makes them altogether unfit to pull out the Mote from their Brother's. A Man half blind himſelf ſhould never ſet up for an *Oculiſt*. (3.) That they who are inclined to deal in Cenſure ſhould always *begin at Home*

* "The great GOD ſeems to have given that Command-"ment (KNOW THYSELF) to thoſe Men more eſpecially, who "are apt to make Remarks on other Mens Actions, and forget "themſelves." *Plutarch's Mor. Vol.* i. *pag.* 273.

Home. (4.) Great Cenſorioufneſs is great *Hypocriſy. Thou Hypocrite,* &c. all this is nothing but the Effect of woful Self-Ignorance.

This common Failing of the Human Nature the Heathens were very ſenſible of (*k*); and repreſented it in the following Manner. Every Man (ſay they) carries a Wallet, or two Bags with him; the one hanging before him, the other behind him; in that *before* he puts the Faults of others; into that *behind*, his own; by which Means he never ſees his own Failings, whilſt he has thoſe of others always before his Eyes (*l*).

But Self-Knowledge now helps us to turn this *Wallet*; and place that which hath our own Faults, before our Eyes, and that which hath in it thoſe of others, behind our Back. A very neceſſary Regulation this, if we would behold our own Faults in the ſame Light in which they do. For we muſt not expect that others will be as blind to our Foibles as we ourſelves are. They will carry

(*k*) —— Egomet mî ignoſco Mævius inquit;
Stultus et improbus hic amor eſt, dignuſque notari.
Cum tua pervideas oculis mala Lippus inunctis,
Cur in amicorum vitiis tam cernis acutum
Quàm aut aquila, aut Serpens *Epidaurius?* ——
Hor. Sat. 3. *lib.* 1.

Fit enim, neſcio quomodo, ut magis in aliis cernamus quam in nobiſmet ipſis, ſiquid delinquitur. *Cicero.*

(*l*) Sed præcedenti ſpectatur mantica tergo. *Per. Sat.* 4. Non videmus id manticæ quod in tergo eſt. *Catul. Carm.* 21.

Noſtram peram non videntes, aliorum (juxta *Perſium*) manticam conſideramus. *D. Hieron. Epiſt.* 91.

ry them before their Eyes, whether we do or no. And to imagine that the World takes no Notice of them, becauſe we do not, is juſt as wiſe as to fancy that others do not ſee us, becauſe we ſhut our Eyes.

CHAP. V.

Moderation the Effect of Self-Knowledge.

V. ANOTHER *genuine Offspring of Self-Knowledge is* Moderation.

This indeed can hardly be conceived to be ſeparate from that Meekneſs and Charity beforementioned; but I chuſe to give it a diſtinct Mention, becauſe I conſider it under a different View and Operation, *viz.* as that which guards and influences our Spirits in all Matters of *Debate* and *Controverſy*.

Moderation is a great and important Chriſtian Virtue, very different from that bad Quality of the Mind under which it is often miſrepreſented and diſguiſed, *viz. Lukewarmneſs* and Indifference about the Truth. The former is very conſiſtent with a regular and well corrected Zeal, the latter conſiſts in the *total Want* of it; the former is ſenſible of, and endeavours with Peace and Prudence to maintain the Dignity and Importance of Divine Doctrines, the latter hath no Manner of Concern about them; the one feels the ſecret Influences of them, the other is quite a Stran-

a Stranger to their Power and Efficacy; the one laments in ſecret, the ſad Decay of vital Religion, the other is an Inſtance of it. In ſhort, the one proceeds from true Knowledge, the other from great Ignorance; the one is a good Mark of Sincerity, the other a certain Sign of Hypocriſy. And to confound two Things together, which are ſo eſſentially different, can be the Effect of nothing but great Ignorance, or Inconſideration, or an over-heated, injudicious Zeal.

A ſelf-knowing Man can eaſily diſtinguiſh between theſe two. And the Knowledge which he has of Human Nature in general, from a thorough Contemplation of his own in particular, ſhews him the Neceſſity of preſerving a Medium (as in every Thing elſe, ſo eſpecially) between the two Extreams of a *bigotted Zeal* on the one hand, and an *indolent Lukewarmneſs* on the other. As he will not look upon every Thing to be worth contending for, ſo he will look upon nothing worth loſing his Temper for, in the Contention. Becauſe, tho' the Truth be of ever ſo great Importance, nothing can be of a greater Diſſervice to it, or make a Man more incapable of defending it, than intemperate Heat and Paſſion; whereby he injures and betrays the Cauſe he is over-anxious to maintain. *The Wrath of Man worketh not the Righteouſneſs of GOD*, James i. 20.

Self-Knowledge heals our Animoſities, and greatly cools our Debates about Matters of dark and

and doubtful Speculation. One who knows himſelf ſets too great a Value upon his Time and Temper, to plunge raſhly into thoſe vain and fruitleſs Controverſies, in which one of them is ſure to be loſt, and the other in great Danger of being ſo; eſpecially when a Man of bad Temper and bad Principles is the Opponent; who aims rather to *ſilence* his Adverſary with over-bearing Confidence, dark unmeaning Language, authoritative Airs, and hard Words, than *convince* him with ſolid Argument; and who plainly contends not for Truth but for Victory. Little Good can be done to the beſt Cauſe in ſuch a Circumſtance. And a wiſe and moderate Man, who knows Human Nature, and knows himſelf, will rather give his Antagoniſt the Pleaſure of an imaginary Triumph, than engage in ſo unequal a Combat.

An Eagerneſs and Zeal for Diſpute, on every Subject, and with every one, ſhews great Self-Sufficiency; that never-failing Sign of great Self-Ignorance. And true Moderation, which conſiſts in an Indifference about little Things, and in a prudent and well-proportioned Zeal about Things of Importance, can proceed from nothing but true Knowledge; which has its Foundation in Self-Acquaintance.

CHAP.

CHAP. VI.

Self-Knowledge improves the Judgment.

VI. ANOTHER *great Advantage of being well acquainted with ourſelves is, that it helps us to form a better Judgment of other Things.*

Self-Knowledge indeed does not enlarge or increaſe our natural Capacities, but it guides and regulates them; leads us to the right Uſe and Application of them; and removes a great many Things which obſtruct the due Exerciſe of them, as Pride, Prejudice, and Paſſion, *&c.* which oftentimes ſo miſerably pervert the rational Powers.

He that hath taken a juſt Meaſure of himſelf, is thereby better able to judge of other Things.

(1.) He knows how to judge of *Men* and *Human Nature* better. —— For Human Nature, ſetting aſide the Difference of natural Genius, and the Improvements of Education and Religion, is pretty much the ſame in all. There are the ſame Paſſions, and Appetites, the ſame natural Infirmities and Inclinations in all; tho' ſome are more predominant and diſtinguiſhable in ſome, than they are in others. So that if a Man be but well acquainted with his own, *this*, together with a very little Obſervation on the Ways of

Men, will ſoon diſcover to him thoſe of others; and ſhew him very Impartially, the particular Failings and Excellences of Men, and help him to form a much truer Sentiment of them, than if he were to judge only by their *Exterior*, the Appearance they make in the Eye of the World, (than which ſometimes, nothing ſhews them in a falſer Light) or by popular Opinions and Prejudices.

(2.) Self-Knowledge will teach us to judge rightly of *Facts* as well as Men. It will exhibit Things to the Mind in their proper Light and true Colours, without thoſe falſe Gloſſes and Appearances which Fancy throws upon them, or in which the Imagination often paints them. It will teach us to judge not with the Imagination, but with the Underſtanding; and will ſet a Guard upon the former, which ſo often repreſents Things in wrong Views, and gives the Mind falſe Impreſſions of them, ſee *Part* i. *Chap.* iv.

(3.) It helps us to eſtimate the true Value of all *worldly good Things*. It rectifies our Notions of them, and leſſens that enormous Eſteem we are apt to have for them. For when a Man knows himſelf, and his true Intereſts, he will ſee how far, and in what Degree, theſe Things are ſuitable to him, and ſubſervient to his Good; and how far they are unſuitable, inſnaring, and pernicious. *This*, and not the common Opinion of the World, will be his Rule of judging concerning

cerning them. By this he will ſee quite through them; ſee what they really are at Bottom; and and how far a wiſe Man ought to deſire them. The Reaſon why Men value them ſo extravagantly is, becauſe they take but a ſuperficial View of them, and only look upon their Out-ſide, where they are moſt ſhowy and inviting. Were they to look within them, conſider their intrinſick Worth, their ordinary Effects, their Tendency and their End, they would not be ſo apt to over-value them. And a Man that has learned to ſee through himſelf, can eaſily ſee through theſe (*m*).

(*m*) Abſtrahunt a recto divitiæ, honores, potentia, et cætera quæ opinione noſtrâ chara ſunt, precio ſuo vilia. Neſcimus æſtimare res: de quibus, non cum famâ ſed cum rerum naturâ, deliberandum eſt. Nihil habent iſta magnificum, quo mentes in ſe noſtras trahant, præter hoc quod mirari illa conſuevimus. Non, enim quia concupiſcenda ſunt, laudantur, ſed concupiſcuntur quia laudata ſunt. *Sen. Epiſt.* 82. —— *Riches, Honours, Power, and the like, which owe all their Worth to our falſe Opinion of them, are too apt to draw the Heart from Virtue. We know not how to prize them; they are not to be judged of by the common Vogue, but by their own Nature. They have nothing to attract our Eſteem, but that we are uſed to admire them; they are not cryed up becauſe they are Things that ought to be deſired, but they are deſired becauſe they are generally cryed up.*

CHAP. VII.

Self-Knowledge directs to the proper Exerciſe of Self-Denial.

VII. A MAN *that knows himſelf, beſt knows how, and wherein, he ought to deny himſelf.*

The great Duty of *Self-Denial*, which our Saviour ſo expreſly requires of all his Followers, (plain and neceſſary as it is) has been much miſtaken and abuſed; and that not only by the Church of *Rome* in their Doctrines of Penance, Faſts, and Pilgrimages, but by ſome Proteſtant Chriſtians in the Inſtances of voluntary Abſtinence, and unneceſſary Auſterities. Whence they are ſometimes apt to be too cenſorious againſt thoſe who indulge themſelves in the Uſe of thoſe indifferent Things, which *they* make it a Point of Conſcience to abſtain from. Whereas, would they confine their Exerciſe of Self-Denial to the plain and important Points of Chriſtian Practice, devoutly performing the neceſſary Duties they are moſt averſe to, and reſolutely avoiding the known Sins they are moſt inclined to, under the Direction of Scripture, they would ſoon become more ſolid, judicious, and exemplary Chriſtians: And did they know themſelves, they would eaſily ſee that herein there is Occaſion

ſion and Scope enough for Self-Denial; and that to a Degree of greater Severity and Difficulty than there is in thoſe little corporal Abſtinences and Mortifications they enjoin themſelves.

(1.) Self-Knowledge will direct us to the neceſſary Exerciſes of Self-Denial, with Regard to the *Duties* our Tempers are moſt averſe to.

There is no one, but, at ſometimes, finds a great Backwardneſs and Indiſpoſition to ſome Duties which he knows to be ſeaſonable and neceſſary. This then is a proper Occaſion for Self-Diſcipline. For to indulge this Indiſpoſition is very dangerous, and leads to an habitual Neglect of known Duty; and to reſiſt and oppoſe it, and prepare for a diligent and faithful Diſcharge of the Duty, notwithſtanding the many Pleas and Excuſes that carnal Diſpoſition may urge for the Neglect of it, this requires no ſmall Pains and Self-Denial: And yet is very neceſſary to the Peace of Conſcience.

And for our Encouragement to this Piece of Self-Denial, we need only remember that the Difficulty of the Duty, or our Unfitneſs for it will, upon the Trial, be found to be much leſs than we apprehended. And the Pleaſure of reflecting, that we have diſcharged our Conſciences, and given a freſh Teſtimony of our Uprightneſs, will more than compenſate the Pains and Difficulty we found therein. And the oftener theſe criminal Propenſions to the wilful Neglect of Duty are oppoſed and overcome, the ſel-

domer will they return, or the weaker will they grow. Till at laſt, by Divine Grace, they will be wholly vanquiſhed; and in the Room of them will ſucceed an habitual *Readineſs to every good Work*, Tit. iii. 1. and a very ſenſible Delight therein: A much happier Effect than can be expected from the ſevereſt Exerciſes of Self-Denial, in the Inſtances before-mentioned.

(2.) A Man that knows himſelf will ſee an equal Neceſſity for Self-Denial, in order to check and controul his *Inclinations to ſinful Actions:* To ſubdue the Rebel within; to reſiſt the Solicitations of Senſe and Appetite; to ſummon all his Wiſdom to avoide the Occaſions and Temptations to Sin, and all his Strenth to oppoſe it.

All this (eſpecially if it be a favourite or a conſtitutional Inquiry) will coſt a Man Pains and Mortification enough. For Inſtance, the ſubduing a violent Paſſion, or taming a ſenſual Inclination, or forgiving an apparent Injury and Affront. It is evident, ſuch a Self-Conqueſt can never be attained without much Self-Knowledge, and Self-Denial.

And that Self-Denial that is exerciſed this Way, as it will be a better Evidence of our Sincerity, ſo it will be more helpful and ornamental to the Intereſts of Religion, than the greateſt Zeal in thoſe particular Duties which are more ſuitable to our natural Tempers, or than the greateſt Auſterities in ſome particular Inſtances of Mortification

cation, which are not ſo neceſſary, and perhaps not ſo difficult or diſagreeable to us as this.

To what amazing Heights of Piety may ſome be thought to mount, (raiſed on the Wings of a flaming Zeal, and diſtinguiſhed by uncommon Preciſeneſs and Severity about little Things) who all the while, perhaps, cannot govern *one Paſſion*, and appear yet ignorant of, and Slaves to, their darling Iniquity! Through an Ignorance of themſelves, they miſapply their Zeal, and miſplace their Self-Denial; and by that Means, blemiſh their Characters with a viſible Inconſiſtency.

CHAP. VIII.

Self-Knowledge promotes our Uſefulneſs in the World.

VIII. THE *more we know of ourſelves, the more* uſeful *we are like to be, in thoſe Stations of Life in which Providence hath fixed us.*

When we know our proper Talents and Capacities, we know in what Manner we are capable of being uſeful; and the Conſideration of our Characters and Relations in Life will direct us to the proper Application of thoſe Talents; ſhow us to what Ends they were given us, and to what Purpoſes they ought to be cultivated and improved.

It

It is a ſad Thing to obſerve, how miſerably ſome Men debaſe and proſtitute their Capacities. Thoſe Gifts and Indulgencies of Nature, by which they outſhine many others, and by which they are capable of doing real Service to the Cauſe of Virtue and Religion, and of being eminently uſeful to Mankind, they either intirely neglect, or ſhamefully abuſe, to the Diſhonour of GOD, and the Prejudice of their Fellow-Creatures, by encouraging and imboldening them in the Ways of Vice and Vanity. For the falſe Glare of a profane Wit will ſometimes make ſuch ſtrong Impreſſions on a weak, unſettled Mind, as to overbear the Principles of Reaſon and Wiſdom, and give it too favourable Sentiments of what it before abhorred. Whereas the ſame Force and Sprightlineſs of Genius would have been very happily and uſefully employed in putting Sin out of Countenance, and in rallying the Follies, and expoſing the Inconſiſtencies of a vicious and profligate Character.

When a Man once knows where his Strength lies, wherein he excells, or is capable of excelling, how far his Influence extends, and in what Station of Life Providence hath fixed him, and the Duties of that Station; he then knows what Talents he ought to cultivate, in what Manner and to what Objects they are to be particularly directed and applied, in order to ſhine in that Station, and be uſeful in it. This will keep him even and ſteady in his Purſuits and Views; conſiſtent

ſiſtent with himſelf, uniform in his Conduct, and uſeful to Mankind; and will prevent his ſhooting at a wrong Mark, or miſſing the right Mark he aims at; as Thouſands do, for want of this neceſſary Branch of Self-Knowledge. See *Part* I. *Chap.* V.

CHAP. IX.

Self-Knowledge leads to a Decorum and Conſiſtency of Character.

IX. A MAN *that knows himſelf, knows how to act with* Diſcretion *and* Dignity *in every Station and Character.*

Almoſt all the *Ridicule* we ſee in the World takes its Riſe from Self-Ignorance. And to *this*, Mankind by common Aſſent aſcribe it; when they ſay of a Perſon that acts out of Character, *he does not know himſelf.* Affectation is the Spring of all Ridicule, and Self-Ignorance the true Source of Affectation. A Man that does not know his proper Character, nor what becomes it, cannot act ſuitably to it. He will often affect a Character which does not belong to him; and will either act above or beneath himſelf, which will make him equally contemptible in the Eyes of them that know him.

A Man of *ſuperior* Rank and Character that knows himſelf, knows that he is but a Man; ſubject to the ſame Sickneſſes, Frailties, Diſappoint-

pointments, Pains, Paſſions, and Sorrows, as other Men; that true Honour lies in thoſe Things, in which it is poſſible for the meaneſt Peaſant to exceed him; and therefore he will not be vainly arrogant. He knows that they are only tranſitory and accidental Things, that ſet him above the reſt of Mankind; that he will ſoon be upon a Level with them; and therefore learns to condeſcend: And there is a Dignity in this Condeſcenſion; it does not ſink, but exalts, his Reputation and Character.

A Man of *inferior* Rank that knows himſelf, knows how to be content, quiet, and thankful, in his lower Sphere. As he has not an extravagant Veneration and Eſteem for thoſe external Things which raiſe one Man's Circumſtances ſo much above another's ſo he does not look upon himſelf as the worſe or the leſs valuable Man for not having them; much leſs does he envy them that have them. As he has not their Advantages, ſo neither has he their Temptations, he is in that State of Life, which the great Arbiter and Diſpoſer of all Things hath allotted him; and he is ſatisfied: But as a Deference is owing to external Superiority, he knows how to pay a proper Reſpect to thoſe that are above him, without that abject and ſervile cringing which diſcovers an inordinate Eſteem for their Condition. As he does not over-eſteem them for thoſe little accidental Advantages in which they excel him, ſo neither does he over-

value

value himſelf for thoſe Things in which he excels others.

Were *Hearers* to know themſelves, they would not take upon them to dictate to their Preachers; or teach their Miniſters how to teach *them*; (which as St. *Auſtin* obſerves (*n*) is the ſame Thing as if a Patient, when he ſends for a Phyſician, ſhould preſcribe to him, what he would have him preſcribe;) but, if they happen to hear ſomething not quite agreeable to their former Sentiments, would betake themſelves more diligently to the Study of their Bibles, to know *whether thoſe Things were ſo*, Acts xvii. 11.

And were *Miniſters* to know themſelves, they would know the Nature and Duty of their Office, and the Wants and Infirmities of their Hearers better, than to domineer over their Faith or ſhoot over their Heads, and ſeek their own Popularity rather than *their* Benefit. They would be more ſolicitous for their Edification, than their Approbation; and, like a faithful Phyſician, would earneſtly intend and endeavour their Good, tho' it be in a Way they may not like; and rather riſk their own Characters with weak and captious Men, than *with-hold any Thing that is needful for them*, or be unfaithful to GOD and their own Conſciences. The moſt palatable Food is not always the moſt wholſome. Patients moſt not

(*n*) Norit medicus quid ſalutiferum, quidve contrarium petat ægrotus. Ægroti eſtis, nolite ergo dictare quæ vobis medicamina velit opponere.

not expect to be always *pleaſed*, nor Phyſicians to be always *applauded*.

CHAP. X.

Piety the Effect of Self-Knowledge.

X. SELF-KNOWLEDGE *tends greatly to cultivate a Spirit of true* Piety.

Ignorance is ſo far from being the *Mother of Devotion*, that nothing is more deſtructive of it. And of all Ignorance none is a greater Bane to it than *Self-Ignorance*. This indeed is very conſiſtent with Superſtition, Bigotry, and Enthuſiaſm, thoſe common *Counterfeits* of Piety, which by weak and credulous Minds are often miſtaken for it. But true Piety and real Devotion can only ſpring from a juſt Knowledge of GOD and ourſelves; and the Relation we ſtand in to him, and the Dependance we have upon him. For when we conſider ourſelves as the Creatures of GOD, whom he made for his Honour, and as Creatures incapable of any Happineſs, but what reſults from his Favour; and as intirely and continually dependant upon him for every Thing we have and hope for; and whilſt we bear this Thought in our Minds, what can induce or prompt us more to love and fear and truſt Him, as our GOD, our Father, and all-ſufficient Friend and Helper?

CHAP. XI.

Self-Knowledge teaches us rightly to perform the Duties of Religion.

XI. SELF-KNOWLEDGE *will be a good Help and Direction to us in many of our* religious Duties *and Chriſtian Exerciſes.* Particularly,

(1.) In the Duty of *Prayer*; both as to the *Matter* and *Mode* (*o*). —— He that rightly knows himſelf will be very ſenſible of his ſpiritual Wants; and he that is well acquainted with his ſpiritual Wants, will not be at a Loſs what to pray for. "Our Hearts would be the "beſt Prayer-Books, if we were well ſkilful in "reading them. Why do Men pray, and call "for Prayers when they come to die? But "that they begin a little better to know them-"ſelves. And were they now but to hear the "Voice of GOD and Conſcience, they would "not remain ſpeechleſs. But they that are born "deaf are always dumb (*p*)."

Again, Self-Knowledge will teach us to pray not only with Fluency, but Fervency; will help us to *keep the Heart*, as well as *order our Speech* before GOD; and ſo promote the Grace as well

O

(*o*) Ille Deo veram orationem exhibit qui ſemetipſum cognoſcit. *Greg.*

(*p*) *Baxter.*

well as Gift of Prayer. Did we but ſeriouſly conſider what we are, and what we are about; whom we pray to, and what we pray for, it is impoſſible we ſhould be ſo dead, ſpiritleſs, and formal in this Duty as we too often are. The very Thought would inſpire us with Life and Faith and Fervour.

(2.) Self-Knowledge will be very helpful to us in the Duty of *Thankſgiving*: As it makes us mindful of the Mercies we receive; the Suitableneſs and the Seaſonableneſs of them. A ſelf-knowing Man conſiders what he hath, as well as what he wants; is at once ſenſible both of the Value of his Mercies, and his Unworthineſs of them: And this is what makes him thankful. For this Reaſon it is that one Chriſtian's Heart even melts with Gratitude for thoſe very Mercies, which others diſeſteem and depreciate, and perhaps deſpiſe, becauſe they have not what they think greater. But a Man that knows himſelf, knows that he deſerves nothing, and therefore is thankful for every Thing. For Thankfulneſs as neceſſarily flows from Humility, as Humility does from Self-Acquaintance.

(3.) In the Duties of *reading and hearing* the Word of GOD. Self-Knowledge is of excellent Uſe to enable us to *underſtand* and *apply* that which we read or hear. Did we underſtand our Hearts better, we ſhould *underſtand* the Word of GOD better; for that ſpeaks to the

the Heart. A Man that is acquainted with his Heart eaſily ſees how it penetrates and explores, ſearches and lays open its moſt inward Parts. He feels what he reads; and finds *that a quickening Spirit*, which to a ſelf-ignorant Man is but a *dead Letter*.

Moreover, this Self-Acquaintance teaches a Man to *apply* what he reads and hears of the Word of GOD. He ſees the Pertinence, Congruity, and Suitableneſs of it to his own Caſe; and lays it up faithfully in the Store-Room of his Mind, to be digeſted and improved by his After-Thoughts. And it is by this Art of aptly applying Scripture, and urging the moſt ſuitable Inſtructions and Admonitions of it home upon our Conſciences, that we receive the greateſt Benefit by it.

(4.) Nothing is of more eminent Service in the great Duty of *Meditation*; eſpecially in that Part of it which conſiſts in Heart-Converſe. A Man, who is unacquainted with himſelf, is as unfit to converſe with his Heart, as he is with a Stranger he never ſaw, and whoſe Taſte and Temper he is altogether unacquainted with. He knows not how to get his Thoughts about him. And when he has, he knows not how to range and fix them; and hath no more the Command of them, than a General has of a wild undiſciplined Army, that has been never exerciſed, or accuſtomed to Obedience and Order. But one, who hath made it the Study

of his Life to be acquainted with himſelf, is ſoon diſpoſed to enter into a free and familiar Converſe with his own Heart; and in ſuch a Self-Conference improves more in true Wiſdom and acquires more uſeful and ſubſtantial Knowledge, than he could do from the moſt polite and refined Converſation in the World. —— Of ſuch excellent Uſe is Self-Knowledge in all the Duties of Devotion and Piety.

CHAP. XII.

Self-Knowledge the beſt Preparation for Death.

XII. SELF-KNOWLEDGE *will be an habitual* Preparation for Death, *and a conſtant Guard againſt the Surpriſe of it.* Becauſe it fixes and ſettles our Hopes of future Happineſs. —— That which makes the Thoughts of Death ſo terrifying to the Soul, is its utter Uncertainty what will become of it after Death. Were this Uncertainty but removed, a thouſand Things would reconcile us to the Thoughts of dying (*q*).

" Diſ-

(*q*) Illa quoque res morti nos alienat, quod hæc jam novimus, illa ad quæ tranſituri ſumus, neſcimus qualia ſint. Et horremus ignota. Naturalis præterea tenebrarum metus eſt, in quas adductura mors creditur. *Sen. Epiſt.* 83. *It is this makes us averſe to Death, that it Tranſlates us to Things we are unacquainted with, and we tremble at the Thought of thoſe Things that are unknown to us. We are naturally afraid of being in the Dark; and Death is a Leap in the Dark.*

" Diſtruſt and Darkneſs of a future State,
" Is that which makes Mankind to dread their (Fate:
" Dying is nothing; but 'tis this we fear,
" To be we know not *what*, we know not (*where*."

Now, Self-Knowledge in a good Degree removes this Uncertainty. For as the Word of GOD hath revealed the Certainty of a future State of Happineſs, which good Men ſhall enter upon after Death, and plainly deſcribed the requiſite Qualifications for it; when a good Man by a long and laborious Self-Acquaintance comes diſtinctly to diſcern thoſe Qualifications in himſelf, his Hopes of Heaven ſoon raiſe him above the Fears of Death. And tho' he may not be able to form any clear or diſtinct Conception of the Nature of that Happineſs, yet in general he is aſſured that it will be a moſt exquiſite and ſatisfying one, and will contain in it every Thing neceſſary to make it compleat; becauſe it will come immediately from GOD himſelf. Whereas they who are ignorant what they *are*, muſt neceſſarily be ignorant what they *ſhall be*. A Man that is all Darkneſs within can have but a dark Proſpect forward *(r)*.

(r) Illi mors gravis incubat
Qui, notus nimis omnibus,
Ignotus moritur ſibi. *Sen. Tha. Theſ.*

Who,

O, what would we not give for *ſolid* Hope in Death! Reader, wouldſt thou have it, *know GOD*, and *know thyſelf*.

Who expos'd to others Eyes
Into his own Heart never pries,
Death's to him a ſtrange Surpriſe.

A TREATISE OF SELF-KNOWLEDGE.

PART III.

Shewing how Self-Knowledge is to be attained.

FROM what hath been ſaid under the two former Parts of the Subject, *Self-Knowledge* appears to be in itſelf ſo excellent, and in its Effects ſo extenſively uſeful and conducive to the Happineſs of Human Kind, that nothing need further be added by Way of Motive or Inducement to excite us to make it the great Object of our Study and Purſuit. If we regard our preſent Peace, Satisfaction, and Uſefulneſs, or our future and everlaſting Intereſts, we ſhall certainly value and proſecute this Knowledge

ledge above all others; as what will be moſt ornamental to our Characters, and beneficial to our Intereſt in every State of Life, and abundantly recompence all our Labour.

Were there need of any further Motives to excite us to this, I might lay open the many dreadful Effects of *Self-Ignorance*, and ſhew how plainly it appears to be the original Spring of all the Follies and Incongruities we ſee in the Characters of Men, and of moſt of the Mortifications and Miſeries they meet with here. This would ſoon appear by only mentioning the Reverſe of thoſe Advantages before ſpecified, which naturally attend *Self-Knowledge*. For what is it, but a Want of Self-Knowledge and Self-Government, that makes us ſo unſettled and volatile in our Diſpoſitions? So ſubject to Tranſport and Exceſs of Paſſions in the varying Scenes of Life? So raſh and unguarded in our Conduct? So vain and ſelf-ſufficient? So cenſorious and malignant? So eager and confident? So little uſeful in the World, to what we might be? So inconſiſtent with ourſelves? So miſtaken in our Notions of true Religion? So generally indiſpoſed to or unengaged in the holy Exerciſes of it? And finally, ſo unfit for Death, and ſo afraid of dying? ——I ſay, to what is all this owing, but *Self-Ignorance*? The firſt and fruitful Source of all this long Train of Evils.—And indeed there is ſcarce any, but what may be traced up to it. In ſhort, it brutifies Man

to

to be ignorant of himſelf. *Man that is in Honour, and underſtandeth not* (himſelf eſpecially) *is as the Beaſts that periſh.* Pſal. xlix. 20.

" Come home then, O my wandering, ſelf-
" neglecting Soul; loſe not thyſelf in a Wil-
" derneſs or Tumult of impertinent, vain diſ-
" tracting Things. Thy Work is nearer thee;
" the Country thou ſhouldſt firſt ſurvey and
" travel is within thee; from which thou muſt
" paſs to that above thee; when by loſing thy-
" ſelf in this without thee, thou wilt find
" thyſelf before thou art aware in that below
" thee. —— Let the Eyes of Fools be in the
" Corners of the Earth; leave it to Men be-
" ſide themſelves, to live as without themſelves;
" do thou keep at home, and mind thine own
" Buſineſs. Survey thyſelf, thine own Make
" and Nature, and thou wilt find full Employ
" for all thy moſt active Thoughts. * But
" doſt thou delight in the Myſteries of Nature?
" Conſider well the Myſtery of thy own. The
" Compendium of all thou ſtudieſt is near thee,
" even within thee; thyſelf being the Epitome
" of the World (*z*). —— If either Neceſſity or
" Duty,

* Mirantur aliqui altitudines montium, ingentes fluctus maris, altiſſimos lapſus fluminum, et oceani ambitum, et gyros ſyderum, et relinquunt ſeipſos, nec mirantur; ſaith Saint *Auguſtin.* *Some Men admire the Heights of Mountains, the huge Waves of the Sea, the ſteep Falls of Rivers, the Compaſs of the Ocean, and the Circuit of the Stars, and paſs by themſelves without Admiration.*

(*z*) Τις αν αξιως θαυμασειε την ευγενειαν τȣ̃τȣ τȣ̃ ζωȣ̃ τȣ̃ συνδεσμος εν εαυτω τα θνητα, τοις αθανατοις, και τα λογικα τοις αλογοις

" Duty, Nature or Grace, Reaſon or Faith, in-
" ternal Inducements, external Impulſes, or
" eternal Motives, might determine the Sub-
" ject of thy Study and Contemplation, thou
" wouldſt call home thy diſtracted Thoughts,
" and employ them more on thyſelf and thy
" GOD *(t)*."

Now then let us reſolve that henceforth the Study of ourſelves ſhall be the Buſineſs of our Lives. That, by the Bleſſing of GOD, we may arrive at ſuch a Degree of *Self-Knowledge*, as may ſecure to us the excellent Benefits before mentioned. To which End we would do well to attend diligently to the Rules laid down in the following Chapters.

αλογοις συναπλ.νλος, τυ φερονλος εν τη καθ εαυλον φυσει της πα-σης κλισεως την εικονα, δι α και μικρος κοσμος ειρηλαι, τυ τοσαυ-της ηξιομενυ παρα τυ Θευ προνοιας; δι ον πανλα και τα νυν, και τα μελλονλα· δι ον ο Θεος ανθρωπος γεγονε. *Nem. de Nat. Hom. cap.* 1. *pag.* 34. Who can ſufficiently admire the noble Nature of that Creature Man, who hath in him the mortal and the immortal, the rational and irrational Natures united, and ſo carries about with him the Image of the whole Creation; whence he is called *Microcoſm*, or the little World; for whoſe Sake (ſo highly is he honoured by GOD) all Things are made both preſent and future; nay, for whoſe Sake GOD himſelf became Man? —— So that it was not unjuſtly ſaid by *Gregory Neſſene*, that Man was the *Macrocoſm*, and the World without the *Microcoſm*.

(*t*) Baxter's *Miſchief of Self-Ignorance*.

CHAP.

CHAP. I.

Self-Examination neceſſary to Self-Knowledge.

I. THE *firſt Thing neceſſary to Self-Knowledge is* Self-Inſpection.

We muſt often look into our Hearts, if we would know them. They are very deceitful; more ſo than any Man can think, till he has ſearched and tried and watched them. We may meet with Frauds and faithleſs Dealings from Men; but after all, our own Hearts are the greateſt Cheats; and there are none we are in greater Danger from than ourſelves. We muſt firſt ſuſpect ourſelves, then examine ourſelves, then watch ourſelves, if we expect ever to know ourſelves. How is it poſſible there ſhould be any *Self-Acquaintance* without *Self-Converſe?*

Were a Man to accuſtom himſelf to ſuch Self-Employment, he need not live *till Thirty before he ſuſpects himſelf a Fool, or till Forty before he knows it* (*u*).

Men could never be ſo bad as they are, if they did but take a proper Care and Scope in this Buſineſs of Self-Examination (*w*). If they did but

(*u*) See *the Complaint, or Night-Thoughts, Part* i. *pag.* 28.

(*w*) Hoc nos peſſimos facit, quod nemo vitam ſuam reſpicit. Quid facturi ſimus, cogitamus, et id raro: quid fecerimus, non cogitamus. *Sen. Epiſt.* 84.

but look backwards to what they were, inwards to what they are, and forwards to what they ſhall be.

And as this is the firſt and moſt neceſſary Step to Self-Acquaintance, it may not be amiſs to be a little more particular in it. Therefore,

(1.) This Buſineſs of Self-Scrutiny muſt be performed with great *Care* and *Diligence*. Otherwiſe our Hearts will deceive us even whilſt we are examining them. "When we ſet ourſelves to think, ſome Trifle or other preſently interrupts and draws us off from any profitable Recollection. Nay we ourſelves fly out, and are glad to be diverted from a ſevere Examination into our own State; which is ſure, if diligently purſued, to preſent us with Objects of Shame and Sorrow, which will wound our Sight, and ſoon make us weary of this neceſſary Work (*x*)."

Do not let us flatter ourſelves then that this is a mighty eaſy Buſineſs. Much Pains and Care are neceſſary ſometimes to keep the Mind intent; and more to keep it impartial. And the Difficulty of it is the Reaſon that ſo many are averſe to it; and care not to deſcend into themſelves (*y*).

Reader, try the Experiment; retire now into thyſelf; and ſee if thou canſt not ſtrike out ſome Light

(*x*) Stanhope's *Tho. à Kempis, pag.* 166.

(*y*) Ut nemo in ſeſe tentat deſcendere! *Perſ. Sat.* 4.

Light within, by closely urging such Questions as these. —— "What am I? For what "was I made? And to what Ends have I been "preserved so long, by the Favour of my Ma- "ker? Do I remember, or forget those Ends? "Have I answered, or perverted them? —— "What have I been doing since I came into the "World? What is the World or myself the better "for my living so many Years in it?—What is "my allowed Course of Actions? Am I sure it will "bear the future Test?—Am I now in that State "I shall wish to die in? And, O my Soul, "think and think again what it is to die?— "Do not put that most awful Event far from "thee; nor pass it by with a superficial Thought. "Canst thou be too Well fortified against the "Terrors of that Day! And art thou sure "that the Props, which support thee now, "will not fail thee then? —— What Hopes "hast thou for Eternity? Hast thou indeed that "holy God-like Temper, which alone can fit "thee for the Enjoyment of GOD? —— "Which World art thou most concerned for? "What Things do most deeply affect thee? "—— O my Soul, remember thy Dignity; "think how soon the Scene will shift. Why "shouldst thou forget thou art immortal?"

(2.) This Self-Excitation and Scrutiny must be very *frequently* made. —— They who have a great deal of important Business on their Hands should be often looking over their Ac-

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Light within, by closely urging such Questions as these. —— "What am I? For what "was I made? And to what Ends have I been "preserved so long, by the Favour of my Maker? Do I remember, or forget those Ends? "Have I answered, or perverted them? —— "What have I been doing since I came into the "World? What is the World or myself the better "for my living so many Years in it?—What is "my allowed Course of Actions? Am I sure it will "bear the future Test?—Am I now in that State "I shall wish to die in? And, O my Soul, "think and think again what it is to die?— "Do not put that most awful Event far from "thee; nor pass it by with a superficial Thought. "Canst thou be too Well fortified against the "Terrors of that Day! And art thou sure "that the Props, which support thee now, "will not fail thee then? —— What Hopes "hast thou for Eternity? Hast thou indeed that "holy God-like Temper, which alone can fit "thee for the Enjoyment of GOD? —— "Which World art thou most concerned for? "What Things do most deeply affect thee? "—— O my Soul, remember thy Dignity; "think how soon the Scene will shift. Why "shouldst thou forget thou art immortal?"

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counts, and frequently adjuſt them; leſt they ſhould be going backwards, and not know it. And Cuſtom will ſoon take off the Difficulty of this Duty, and turn it into Delight.

In our *Morning* Retreat, it will be proper to remember that we cannot preſerve throughout the Day that calm and even Temper we may then be in. That we ſhall very probably meet with ſome Things to ruffle us; ſome Attack on our weak Side. Place a Guard there now. Or however, if no Incidents happen to diſcompoſe us, our Tempers will vary; our Thoughts will flow pretty much with our Blood; and the Diſpoſitions of the Mind be a good deal governed by the Motions of the animal Spirits; our Souls will be ſerene or cloudy, our Tempers volatile or flegmatick, and our Inclinations ſober or irregular, according to the Briſkneſs or ſluggiſhneſs of the Circulation of the animal Fluids; whatever may be the Cauſe or immediate Occaſion of that; and therefore we muſt reſolve to avoid all Occaſions that may raiſe any dangerous Ferments there; which, when once raiſed, will excite in us very different Thoughts and Diſpoſitions from thoſe we now have; which, together with the Force of a fair Opportunity and urgent Temptation, may overſet our Reaſon and Reſolution, and betray us into thoſe ſinful Indulgences which will wound the Conſcience, ſtain the Soul, and create bitter Remorſe in our cooler Reflections. Pious Thoughts

Thoughts and Purpoſes in the Morning will ſet a Guard upon the Soul, and fortify it under all the Temptations of the Day.

But ſuch Self-Inſpection however ſhould never fail to make Part of our *Evening* Devotions. When we ſhould review and examine the ſeveral Actions of the Day, the various Tempers and Diſpoſitions we have been in, and the Occaſions that excited them. It is an Advice worthy of a Chriſtian, tho' it firſt dropped from a Heathen Pen; that before we betake ourſelves to Reſt, we review and examine all the Paſſages of the Day, that we may have the Comfort of what we have done aright, and may redreſs what we find to have been amiſs; and make the Shipwrecks of one Day be as Marks to direct our Courſe on another. A Practice that hath been recommended by many of the Heathen Moraliſts of the greateſt Name, as *Plutarch*, *Epictetus*, *Marcus Antoninus*; and particularly *Pythagoras*, in the Verſes that go under his Name, and are called his *Golden Verſes*. Wherein he adviſes his Scholars every Night to recollect the Paſſages of the Day, and aſk themſelves theſe Queſtions; "Wherein have I "tranſgreſſed this Day? What have I done? "What Duty have I omitted, &c." (z)? *Seneca*

(z) Μηδ υπνον μαλακοισιν επ ομμασι προσδεξασθαι,
Πριν των ημερικων εργων τρις εκαστον επελθειν·
Πη παρεβην; τι δ ερεξα; τι μοι δεον ουκ ἑπελεσθη;
Αρξαμενος

recommends the ſame Practice. ‘ *Sextius* (ſaith ‘ he) did this; at the Cloſe of the Day, before ‘ he betook himſelf to Reſt, he addreſſed his ‘ Soul in the following Manner.’ “ What “ Evil of thine haſt thou cured this Day? What “ Vice withſtood? In what Reſpect art thou “ better?” ‘ Paſſion will ceaſe, or become more ‘ cool, when it knows it is every Day to be thus ‘ called to Account. What can be more ad- ‘ vantageous than this conſtant Cuſtom of Search- ‘ ing through the Day? —— And the ſame ‘ Courſe (ſaith *Seneca*) I take myſelf; and every ‘ Day ſit in Judgment on myſelf. And at Even, ‘ when all is huſh and ſtill, I make a Scrutiny ‘ into the Day; look over my Words and Ac- ‘ tions, and hide nothing from myſelf; conceal ‘ none of my Miſtakes through Fear; for why ‘ ſhould I? When I have it in my Power to ‘ ſay thus;’ “ This once I forgive thee; but “ ſee

Αρξαμενος δ απο πρωΐθι, επεξιθι και μελαπειλα,
Δειλα μεν εκπρηξας, επιπλησεο· χρηςα δε τερπυ.
Ταυΐα πονει, ταυΐ εκμελεΐα· τυΐων χρη εραν σε·
Ταυΐα σε της θειης αρεΐης εις ιχνεα θησει.

Vid. Pythag. Aur. Carm. apud Poet. Minor. pag. 420.

Let not your Eyes the Sweets of Slumber taſte,
Till you have thrice ſevere Reflections paſt
On th' Actions of the Day, from firſt to laſt.
Wherein have I tranſgreſs'd? What done have I?
What Action unperform'd have I paſt by?
And if your Actions *ill*, on Search you find;
Let Grief; if *good*, let Joy poſſeſs your Mind.
This do, this think, to this your Heart incline,
This Way will lead you to the Life Divine.

" ſee thou do ſo no more. —— In ſuch a Diſ-
" pute I was too keen; do not for the future
" contend with ignorant Men; they will not be
" convinced, becauſe they are unwilling to ſhew
" their Ignorance. —— Such a one I reproved
" with too much Freedom; whereby I have
" not reformed, but exaſperated him; remem-
" ber hereafter to be more mild in your Cen-
" ſures; and conſider not only whether what
" you ſay be true, but whether the Perſon you
" ſay it to can bear to hear the Truth *(a)*,"
—— Thus far that excellent Moraliſt.

Let us take a few other Specimens of a more pious and Chriſtian Turn from a judicious and devout Writer *(b)*.

'This Morning when I aroſe, inſtead of ap-
'plying myſelf to GOD in prayer, (which I
'generally find it beſt to do immediately after
'a few ſerious Reflections) I gave way to idle
'muſing, to the great Diſorder of my Heart
'and Frame. How often have I ſuffered for
'Want of more Watchfulneſs on this Occaſi-
'on? When ſhall I be wiſe! —— I have this
'Day ſhamefully trifled, almoſt through the
'whole of it: Was in my Bed when I ſhould
'have been upon my Knees; prayed but cooly
'in the Morning; was ſtrangely off my Guard
'in the Buſineſs and Converſation I was con-
'cerned with in the Day, particularly at ——;

(a) *Vid. Seneca de Irâ, lib.* 3. *cap.* 36.
(b) Mr. *Bennet*, *ſee his Chriſt. Orator. pag.* 584.

'I indulged to very fooliſh, ſinful, vile Thoughts, 'Sc. I fell in with a Strain of Converſation 'too common amongſt all Sorts, *viz. ſpeaking 'Evil of others; taking up a Reproach againſt 'my Neighbour.* I have often reſolved againſt 'this Sin, and yet run into it again. How 'treacherous this wicked Heart of mine! I have 'loſt ſeveral Hours this Day in mere Saun-'tering and Idleneſs. —— This Day I had an 'Inſtance of mine own Infirmity, that I was a 'little ſurpriſed at, and I am ſure I ought to 'be humbled for. The Behaviour of—— from 'whom I can expect nothing but Humour, In-'diſcretion, and Folly, ſtrangely ruffled me; 'and that after I have had Warning over and 'over again. What a poor, impotent, contemp-'tible Creature am I! —— This Day I have 'been kept in a great Meaſure, from my too 'frequent Failings. —— I had this Day very 'comfortable Aſſiſtances from GOD, upon 'an Occaſion not a little trying —— what ſhall 'I render?' ——

(3.) See that the Mind be in the moſt *compoſed* and *diſengaged* Frame it can, when you enter upon this Buſineſs of *Self-Judgment.* Chuſe a Time when it is moſt free from Paſſion, and moſt at leiſure from the Cares and Affairs of Life. A Judge is not like to bring a Cauſe to a good Iſſue, that is either intoxicated with Liquor on the Bench, or has his Mind diſtracted with other Cares, when he ſhould be intent on the

the Trial. Remember you ſit in Judgment upon yourſelf, and have nothing to do at preſent but to ſift the Evidence which Conſcience may bring in either for or againſt you, in order to pronounce a juſt Sentence; which is of much greater Concernment to you at preſent than any Thing elſe can be: And therefore it ſhould be tranſacted with the utmoſt Care, Compoſure, and Attention.

(4.) Beware of *Partiality*, and the Influence of Self-Love in this weighty Buſineſs; which, if you do not guard againſt it will ſoon lead you into Self-Deluſion; the Conſequences of which may be fatal to you. Labour to ſee yourſelf as you are; and view Things in the Light in which they are, and not in that in which you would have them be. Remember that the Mind is always apt to believe thoſe Things true which it would have be ſo; and backward to believe thoſe Things true which it wiſhes were not ſo; and this is an Influence you will certainly lie under in this Affair of Self-Judgment.

You need not be much afraid of being too ſevere upon yourſelf. Your great Danger will generally be of paſſing a too favourable Judgment. A Judge ought not indeed to be a Party concerned; and ſhould have no intereſt in the Perſon he ſits in Judgment upon. But this cannot be the Caſe here; as you yourſelf are both Judge and Criminal. Which ſhews the Danger of pronouncing a too favourable Sentence.

But

But remember, your Buſineſs is only with the Evidence and the Rule of Judgment; and that, however, you come off now, there will be a rehearing in another Court, where Judgment will be according to Truth.

'However, look not unequally either at the 'Good or Evil that is in you; but view them 'as they are. If you obſerve only the Good 'that is in you, and overlook the Bad, or ſearch 'only after your Faults, and overlook your 'Graces, neither of theſe will bring you to a 'true Acquaintance with yourſelf (*c*).'

And to induce you to this Impartiality remember that this Buſineſs (tho' it may be hid from the World) is not done in Secret; GOD ſees how you manage it, before whoſe Tribunal you muſt expect a righteous Judgment. "We ſhould or-"der our Thoughts ſo (ſaith *Seneca*) as if we "had a Window in our Breaſts, through which "any one might ſee what paſſes there. And "indeed there is one that does; for what does "it ſignify that our Thoughts are hid from "Men? From GOD nothing is hid (*d*)."

(5.) Beware of *falſe Rules* of Judgment. This is a ſure and common Way to Self-Deception. *e. g.* Some judge of themſelves by *what they have been.* But it does not follow, if Men are

(*c*) Baxter's *Director. pag.* 876.

(*d*) Sic cogitandum tanquam aliquis in pectus intimum inſpicere poſſit; et poteſt. Quid enim prodeſt ab homine aliquid eſſe ſecretum? Nihil Deo clauſum eſt. *Sen. Epiſt.* 84.

are not ſo bad as they have been, that therefore they are as good as they ſhould be. It is wrong to make our paſt Conduct implicitly the Meaſure of our preſent; or the preſent the Rule of our future; when our paſt, preſent, and future Conduct muſt all be brought to another Rule. And they who thus *meaſure themſelves by themſelves, and compare themſelves with themſelves are not wiſe*, 2 Cor. x. 12. —— Again, others are apt to judge of themſelves by the *Opinions of Men*; which is the moſt uncertain Rule that can be; for in that very Opinion of theirs you may be deceived. How do you know they have really ſo good an Opinion of you as they profeſs? But if they have; have not others as bad? And why ſhould not the Opinion of *theſe* be your Rule, as well as the Opinion of thoſe? Appeal to Self-Flattery for an Anſwer. —— However, neither one nor the other of them perhaps appear to know *themſelves*; and how ſhould they know you? How is it poſſible they ſhould have Opportunities of knowing you better than you know yourſelf? A Man can never gain a right Knowledge of himſelf from the Opinion of others which is ſo various, and generally ſo ill-founded. For Men commonly judge by outward Appearances, or inward Prejudice, and therefore for the moſt part think and ſpeak of us very much at random. —— Again, others are for judging of themſelves by the *Conduct of their Superiors*, who have Opportunities and Advan-

vantages of knowing, acting, and being better; and yet without Vanity be it ſpoken (ſay they) *we are not behind hand with them.* But what then? Neither they nor you perhaps are what the Obligations of your Character indiſpenſibly require you to be, and what you muſt be e'er you can be happy. But conſider how eaſily this Argument may be turned upon you. You are better than ſome, you ſay, who have greater Opportunities and Advantages of being good than you have; and therefore your State is ſafe. But you yourſelf have greater Opportunities and Advantages of being good than ſome others have, who are nevertheleſs better than you; and therefore, by the ſame Rule, your State cannot be ſafe. —— Again, others judge of themſelves by the *common Maxims* of the vulgar World concerning Honour and Honeſty, Virtue and Intereſt; which Maxims, tho' generally very corrupt and very contrary to thoſe of Reaſon, Conſcience, and Scripture, Men will follow as a Rule, for the ſake of the Latitude it allows them: And fondly think, that if they ſtand right in the Opinion of the loweſt Kind of Men, they have no Reaſon to be ſevere upon themſelves. Others, whoſe Sentiments are more delicate and refined, they imagine, may be miſtaken, or may overſtrain the Matter. In which Perſwaſion they are confirmed, by obſerving how ſeldom the Conſciences of the Generality of Men ſmite them for thoſe Things which theſe nice judges con-

condemn as heinous Crimes. I need not ſay how falſe and pernicious a Rule this is.—— Again, others may judge of themſelves and their State by *ſudden Impreſſions* they have had, or ſtrong Impulſes upon their Spirits, which they attribute to the Finger of GOD; and by which they have been ſo exceedingly affected as to make no doubt but that it was the Inſtant of their Converſion. But whether it was or no can never be known but by the Conduct of their After-Lives.——In like Manner, others judge of their good State by their *good Frames*; tho' very rare, it may be, and very tranſient; ſoon paſſing off *like a Morning Cloud, or as the early Dew.* 'But we ſhould not judge of ourſelves by that which is unuſual or extraordinary with us; but by the ordinary Tenor and Drift of our Lives. A bad Man may ſeem good in ſome good Mood; and a good Man may ſeem bad in ſome extraordinary Falls; to judge of a bad Man by his beſt Hours, and a good Man by his worſt, is the Way to be deceived in them both *(e)*.' And the ſame Way may you be deceived in yourſelf.—— *Pharaoh*, *Ahab*, *Herod* and *Felix* had all of them their Softenings, their tranſitory Fits of Goodneſs; but yet they remain upon Record under the Blackeſt Characters.

Theſe

(e) Baxter's *Direct. pag.* 876.

Theſe then are all wrong Rules of Judgment; and to truſt to them, or try ourſelves by them, leads to fatal Self-Deception. Again,

(6.) In the Buſineſs of Self-Examination you muſt not only take Care you do not judge by wrong Rules, but that you do not judge *wrong by right Rules.* You muſt endeavour then to be well acquainted with them. The Office of a Judge is not only to collect the Evidence and the Circumſtances of Facts, but to be well ſkilled in the Laws by which thoſe Facts are to be examined.

Now the only right Rules by which we are to examine, in order to know ourſelves, are *Reaſon* and *Scripture.* Some are for ſetting aſide theſe Rules, as too ſevere for them; too ſtiff to bend to their Perverſeneſs; too ſtreight to meaſure their crooked Ways; are againſt Reaſon, when Reaſon is againſt them; decrying it as *carnal Reaſon:* And for the ſame Cauſe are againſt Scripture too, depreciating it as a *dead Letter.* And thus, rather than be convinced they are wrong, they deſpiſe the only Means that can ſet them right.

And as ſome are for ſetting aſide each Part of their Rule, ſo others are for ſetting them one againſt the other. Reaſon againſt Scripture and Scripture againſt Reaſon. When they are both given us by the GOD of our Natures, not only as perfectly conſiſtent, but as proper to explain and illuſtrate each other, and prevent our

our miſtaking either; and to be, when taken together, (as they always ſhould) the moſt compleat and *only* Rule by which to judge both of ourſelves, and every Thing belonging to our Salvation, as reaſonable and fallen Creatures.

(1.) Then one Part of that Rule which GOD hath given us to judge of ourſelves by is *right Reaſon.* By which I do not mean the Reaſoning of any particular Man, which may be very different from the Reaſoning of another particular Man; and both, it may be, very different from *right Reaſon*; becauſe both may be influenced not ſo much by the Reaſon and Nature of Things, as by partial Prepoſſeſſions and the Power of Paſſions. But by *right Reaſon* I mean thoſe common Principles, which are readily allowed by all who are capable of underſtanding them, and not notoriouſly perverted by the Power of Prejudice; and which are confirmed by the common Conſent of all the ſober and thinking Part of Mankind; and may be eaſily learned by the Light of Nature. Therefore if any Doctrine or Practice, tho' ſuppoſed to be founded in or countenanced by Revelation, be nevertheleſs apparently repugnant to theſe Dictates of right Reaſon, or evidently contradict our natural Notions of the Divine Attributes, or weaken our Obligations to univerſal Virtue, *that* we may be ſure is no Part of Revelation; becauſe then one Part of our Rule would claſh with and be oppoſite to the other. And thus *Reaſon* was

deſigned to be our Guard againſt a wild and extravagant Conſtruction of *Scripture.*

(2.) The other Part of our Rule is the *Sacred Scriptures*, which we are to uſe as our Guard againſt the licentious Excurſions of *Fancy*, which is often impoſing itſelf upon us for *right Reaſon.* Let any Religious Scheme or Notion then appear ever ſo pleaſing or plauſible, if it be not eſtabliſhed on the plain Principles of Scripture, it is forthwith to be diſcarded; and that Senſe of Scripture that is violently forced to bend towards it, is very much to be ſuſpected.

It muſt be very ſurprizing to one who reads and ſtudies the Sacred Scriptures with a free, unbiaſſed Mind, to ſee what elaborate, fine-ſpun and flimſy Gloſſes Men will invent and put upon ſome Texts as the true and genuine Senſe of them; for no other Reaſon, but becauſe it is moſt agreeable to the Opinion of their Party, from which, as the Standard of their Orthodoxy, they durſt never depart; who, if they were to write a Critique in the ſame Manner on any *Greek* or *Latin* Author, would make themſelves extremely ridiculous in the Eyes of the learned World. But, if we would not pervert our Rule, we muſt learn to think as Scripture ſpeaks, and not compel that to ſpeak as we think.

Would we know ourſelves then, we muſt often view ourſelves in the Glaſs of GOD's Word.

And

And when we have taken a full Survey of ourſelves from thence, let us not ſoon forget *what Manner of Perſons we are*, Jam. i. 23, 24. If our own Image do not pleaſe us, let us not quarrel with our Mirrour, but ſet about mending ourſelves.

The Eye of the Mind indeed is not like that of the Body, which can ſee every Thing elſe but itſelf; for the Eye of the Mind can turn itſelf inward, and ſurvey itſelf. However, it muſt be owned, it can ſee itſelf much better when its own Image is reflected upon it from this Mirrour. And it is by this only that we can come at the bottom of our Hearts, and diſcover thoſe ſecret Prejudices and carnal Prepoſſeſſions, which Self-Love would hide from us.

This then is the firſt Thing we muſt do in order to Self-Knowledge. We muſt *examine*, ſcrutiniſe, and judge ourſelves, *diligently*, *leiſurely*, *frequently*, and *impartially*; and that not by the *falſe Maxims* of the World, but by the *Rules* which GOD hath given us, *Reaſon*, and *Scripture*; and take care to underſtand thoſe Rules, and not ſet them at *Variance*. The next important Step to Self-Knowledge is the Subject of the following Chapter.

CHAP. II.

Conſtant Watchfulneſs neceſſary to Self-Knowledge.

II. WOULD *we know ourſelves, we muſt be very* watchful *over our Hearts and Lives.*

(1.) We muſt keep a vigilant Eye upon our *Hearts, i. e.* our Tempers, Inclinations and Paſſions. A more neceſſary Piece of Advice we cannot practice in order to Self-Acquaintance, than that which *Soloman* gives us, Prov. iv. 23. *Keep your Heart with all Diligence*, or as it is in the Original, *above all Keeping (f). q. d.* Whatever you neglect or overlook, be ſure you mind your Heart (*g*). Narrowly obſerve all its Inclinations and Averſions, all its Motions and Affections, together with the ſeveral Objects and Occaſions which excite them. And this Precept is inforced with two very urgent Reaſons in Scripture. The firſt is, becauſe *out of it are the Iſſues of Life. i. e.* As our Heart is, ſo will the Tenor of our Life and Conduct be. As is the Fountain, ſo are the Streams; as

(*f*) מכל משמר

(*g*) Parallel to this Advice of the *Royal Preacher* is that of the *Imperial Philoſopher*, Ενδον βλεπε ενδον γαρ η πηγη τ αγαθ. *Look within; for within is the Fountain of Good. M. Aurel. lib.* 7. § 59.

as is the Root, ſo is the Fruit, *Mat.* vii. 18. And the other is, becauſe *it is deceitful above all Things*, Jer. xvii. 9. And therefore, without a Conſtant Guard upon it we ſhall inſenſibly run into many hurtful Self-Deceptions. To which I may add, that without this careful Keeping of the Heart, we ſhall never be able to acquire any coſiderable Degree of Self-Acquaintance or Self-Government.

(2.) To know ourſelves we muſt watch our *Life* and *Conduct* as well as our Hearts. And by this the Heart will be better known; as the Root is beſt known by the Fruit. We muſt attend to the Nature and Conſequences of every Action we are diſpoſed or ſolicited to, before we comply; and conſider how it will appear in an impartial Review. We are apt enough to obſerve and watch the conduct of others: A wiſe Man will be as critical and as ſevere upon his own. For indeed we have a great deal more to do with our own Conduct than other Mens'; as we are to anſwer for our own, but not for theirs. By obſerving the Conduct of other Men we know *them*, by carefully obſerving our own we muſt know *ourſelves*.

CHAP. III.

We ſhould have ſome Regard to the Opinions of others concerning us, particularly of our Enemies.

III. WOULD *we know ourſelves, we ſhould not altogether neglect the Opinion which others have of us, or the Things they may ſay of us.*

Not that we need be very ſolicitous about the Cenſure or Applauſe of the World; which is generally very raſh and wrong, according to the particular Humours and Prepoſſeſſions of Men; and a Man that knows himſelf will ſoon know how to deſpiſe them both. 'The Judgment 'which the World makes of us, is generally of 'no Manner of Uſe to us; it adds nothing to 'our Souls or Bodies, nor leſſens any of our 'Miſeries. Let us conſtantly follow Reaſon, '(ſays *Montaigne*) and let the Publick Appro-'bation follow us the ſame Way, if it pleaſes.'

But ſtill, I ſay, a total Indifference in this Matter is unwiſe. We ought not to be intirely inſenſible to the Reports of others; no, not to the Railings of an Enemy; for an Enemy may ſay ſomething out of Ill-will to us, which it may concern us to think of cooly when we are by ourſelves; to examine whether the Accuſation be juſt; and what there is in our Conduct

duct and Temper which may make it appear ſo. And by this means our Enemy may do us more Good than he intended; and be an Occaſion of diſcovering ſomething of our Hearts to us which we did not know before. A Man that hath no Enemies ought to have very faithful Friends; and one who hath no ſuch Friends, ought to think it no Calamity that he hath Enemies to be his effectual Monitors. —— 'Our 'Friends (ſays Mr. *Addiſon*) very often flatter 'us as much as our own Hearts. They either 'do not ſee our Faults, or conceal them from 'us; or ſoften them by their Repreſentations, 'after ſuch a Manner that we think them too 'trivial to be taken notice of. An Adverſary, 'on the contrary, makes a ſtricter Search into 'us, diſcovers every Flaw and Imperfection in 'our Tempers, and though his Malice may ſet 'them in too ſtrong a Light, it has gene-'rally ſome Ground for what it advances. A 'Friend exaggerates a Man's Virtues, an Ene-'my inflames his Crimes. A wiſe Man ſhould 'give a juſt Attention to both of them, ſo far 'as it may tend to the Improvement of the one, 'and the Diminution of the other. *Plutarch* 'has written an Eſſay on the Benefits which 'a Man may receive from his Enemies; and 'among the good Fruits of Enmity mentions 'this in particular, that by the Reproaches it 'caſts upon us we ſee the worſt Side of our-'ſelves, and open our Eyes to ſeveral Blem-

'iſhes

'iſhes and Defects in our Lives and Converſa-
'tions, which we ſhould not have obſerved,
'without the Help of ſuch ill-natur'd Mo-
'nitors.

'In order likewiſe to come at a true Know-
'ledge of ourſelves, we ſhould conſider on the
'other hand how far we may deſerve the Praiſes
'and Approbations which the World beſtow
'upon us; whether the Actions they celebrate
'proceed from laudable and worthy Motives,
'and how far we are really poſſeſſed of the
'Virtues which gain us Applauſe amongſt thoſe
'with whom we converſe. Such a Reflection
'is abſolutely neceſſary, if we conſider how
'apt we are either to value or condemn our-
'ſelves by the Opinions of others, and to ſa-
'crifice the Report of our own Hearts to the
'Jndgment of the World (*b*).'

In that Treatiſe of *Plutarch* here referred to, there are a great many excellent Things pertinent to this Subject; and therefore I thought it not improper to throw a few Extracts out of it into the Margin (*i*).

It

(*b*) *Spectat. Vol.* vi. *No.* 399.

(*i*) The Fooliſh and Inconſiderate ſpoil the very Friendſhips they are engaged in; but the Wiſe and Prudent make good Uſe of the Hatred and Enmity of Men againſt them.

Why ſhould we not take an Enemy for our Tutor, who will inſtruct us *gratis* in thoſe Things we knew not before? For an Enemy ſees and underſtands more in Matters relating to us than our Friends do. Becauſe Love is blind, but Spite, Malice, Ill-will,

It is the Character of a very diſſolute Mind, to be intirely inſenſible to all that the World ſays of us; and ſhews ſuch a Confidence of Self-Knowledge as is uſually a ſure Sign of *Self-Ignorance.* The moſt knowing Minds are ever leaſt preſumptuous. And true Self-Knowledge is a Science of ſo much Depth and Difficulty, that

will, Wrath, and Contempt, talk much, are very inquiſitive and quick-ſighted.

Our Enemy, to gratify his Ill-will towards us, acquaints himſelf with the Infirmities both of our Bodies and Minds; ſticks to our Faults, and makes his invidious Remarks upon them, and ſpreads them abroad by his uncharitable and ill-natur'd Reports. Hence we are taught this uſeful Leſſon for the Direction and Management of our Converſation in the World, *viz.* that we be circumſpect and wary in every Thing we ſpeak or do, as if our Enemy always ſtood at our Elbow, and overlook'd our Actions.

Theſe Perſons whom *that* Wiſdom hath brought to live ſoberly, which the Fear and Awe of Enemies hath infuſed, are by Degrees drawn into a Habit of living ſo, and are compoſed and fixed in their Obedience to Virtue by Cuſtom and Uſe.

When one aſked *Diogenes* how he might be avenged of his Enemies, he replied, *To be yourſelf a good and honeſt Man.*

Antiſthenes ſpake incomparably well; "that, if a Man would "live a ſafe and unblameable Life, it was neceſſary that he "ſhould have very ingenuous and faithful Friends, or very bad "Enemies; becauſe the firſt by their kind Admonitions would "keep him from ſinning, the latter by their Invectives."

He that hath no Friend to give him Advice, or reprove him when he does amiſs, muſt bear patiently the Rebukes of his Enemies, and thereby learn to mend the Errors of his Ways; conſidering ſeriouſly the Object which theſe ſevere Cenſures aim at, and not what he is who makes them. For he who

deſigned

that a wiſe Man would not chuſe to be over-confident that all his Notions of himſelf are right, in Oppoſition to the Judgment of all Mankind; ſome of whom perhaps have better Opportunities and Advantages of knowing him (at ſome Seaſons eſpecially) than he has of knowing himſelf. Becauſe they never look through the ſame falſe Medium of *Self-Flattery*.

deſigned the Death of *Promotheus* the *Theſſalian*, inſtead of giving him a fatal Blow, only opened a Swelling which he had, which did really ſave his Life. Juſt ſo may the harſh Reprehenſions of Enemies cure ſome Diſtempers of the Mind, which were before either not known or neglected; though their angry Speeches do originally proceed from Malice or Ill-will.

If any Man with opprobrious Language objects to you Crimes you know nothing of, you ought to enquire into the Cauſes or Reaſons of ſuch falſe Accuſations; whereby you may learn to take heed for the future, leaſt you ſhould unwarily commit thoſe Offences which are unjuſtly imputed to you.

Whenever any Thing is ſpoken againſt you that is not true, do not paſs it by, or deſpiſe it becauſe it is falſe; but forthwith examine yourſelf, and conſider what you have ſaid or done that may adminiſter a juſt Occaſion of Reproof.

Nothing can be a greater Inſtance of Wiſdom and Humanity, than for a Man to bear ſilently and quietly the Follies and Revilings of an Enemy; taking as much care not to provoke him as he would to ſail ſafely by a dangerous Rock.

It is an eminent Piece of Humanity, and a manifeſt Token of a Nature truly generous, to put up the Affronts of an Enemy, at a Time when you have a fair Opportunity to revenge them.

Let us carefully obſerve thoſe good Qualities wherein our Enemies excel us. And endeavour to excel them, by avoiding what is faulty, and imitating what is excellent in them. *Plut. Mor. Vol.* i. *pag.* 265. *et ſeq.*

CHAP.

CHAP. IV.

Frequent Converſe with Superiors a Help to Self-Knowledge.

IV. ANOTHER *proper Means of Self-Knowledge, is to converſe as much as you can with thoſe who are your Superiors in real Excellence.*

He that walketh with wiſe Men, ſhall be wiſe, Prov. xiii. 20. Their Example will not only be your Motive to laudable Purſuits, but a Mirrour to your Mind; by which you may poſſibly diſcern ſome Failings or Deficiencies or Neglects in yourſelf, which before eſcaped you. You will ſee the Unreaſonableneſs of your Vanity and Self-Sufficiency, when you obſerve how much you are ſurpaſſed by others in Knowledge and Goodneſs. Their Proficiency will make your Defects the more obvious to you. And by the Luſtre of their Virtues you will better ſee the Deformity of your Vices; your Negligence by their Diligence; your Pride by their Humility; your Paſſion by their Meekneſs, and your Folly by their Wiſdom.

Examples not only move, but teach and direct, much more effectually than Precepts; and ſhew us not only that ſuch Virtues may be practiſed, but *how*; and how lovely they appear when

when they are. And therefore, if we cannot have them always before our Eyes, we ſhould endeavour to have them always in our Mind; and eſpecially that of our great Head and Pattern, who hath ſet us a lovely Example of the moſt innocent Conduct under the worſt and moſt diſadvantageous Circumſtances of Human Life (*k*).

CHAP. V.

Of cultivating ſuch a Temper as will be the beſt Diſpoſition to Self-Knowledge.

V. IF *a Man would know himſelf, he muſt with great Care cultivate that Temper which will beſt diſpoſe him to receive this Knowledge.*

Now as there are no greater Hindrances to Self-Knowledge than Pride and Obſtinacy; ſo there is nothing more helpful to it than *Humility* and an *Openneſs to Conviction.*

1. One who is in Queſt of *Self-Knowledge*, muſt above all Things ſeek *Humility.* And how near an Affinity there is between theſe two appears from hence, that they are both acquired the ſame Way. The very Means of attaining Humility are the propereſt Means for attaining Self-

(*k*) Qui pleniſſimè intelligere appetit qualis ſit, tales debet aſpicere qualis non eſt; ut in bonorum formâ, metiatur quantum deformis eſt. *Greg.*

Self-Knowledge. By keeping an Eye every Day upon our Faults and Wants we become more humble; and by the ſame Means we become more ſelf-knowing. By conſidering how far we fall ſhort of our Rule and our Duty, and how vaſtly others exceed us, and eſpecially by a daily and diligent Study of the Word of GOD, we come to have meaner Thoughts of ourſelves; and by the very ſame Means we come to have a better Acquaintance with ourſelves.

A proud Man cannot know himſelf. Pride is that *Beam* in the Eye of his Mind, which renders him quite blind to any Blemiſhes there. Hence nothing is a ſurer Sign of Self-Ignorance than Vanity and Oſtentation.

Indeed true Self-Knowledge and Humility are ſo neceſſarily connected, that they depend upon and mutually beget each other. A Man that knows himſelf knows the worſt of himſelf, and therefore cannot but be humble; and a humble Mind is frequently contemplating its own Faults and Weakneſſes, which greatly improves it in Self-Knowledge. So that Self-Acquaintance makes a Man humble; and Humility gives him ſtill a better Acquaintance with himſelf.

(2.) An *Openneſs* to *Conviction* is no leſs neceſſary to Self-Knowledge than Humility.

As nothing is a greater Bar to true Knowledge than an obſtinate Stiffneſs in Opinion, and a Fear to depart from old Notions, which (before we were capable of judging perhaps) we had long

taken up for the Truth; ſo nothing is a greater Bar to Self-Knowledge, than a ſtrong Averſion to part with thoſe Sentiments of *ourſelves* which we have been blindly accuſtomed to, and to think worſe of ourſelves than we are uſed.

And ſuch an Unwillingneſs to retract our Sentiments in both Caſes proceeds from the ſame Cauſe, *viz.* a Reluctance to Self-Condemnation. For he that takes up a new Way of thinking, contrary to that which he hath long received, therein condemns himſelf of having lived in an Error; and he that begins to ſee Faults in himſelf he never ſaw before, condemns himſelf of having lived in Ignorance and Sin. Now this is an ungrateful Buſineſs, and what Self-Flattery gives us a ſtrong Averſion to.

But ſuch an Inflexibility of Judgment, and Hatred of Conviction, is a very unhappy and hurtful Turn of Mind. And a Man that is reſolved never to be in the wrong, is in a fair Way never to be in the right.

As Infalibility is no Privilege of the Human Nature, it is no Diminution to a Man's good Senſe or Judgment to be found in an Error, provided he is willing to retract it. He acts with the ſame Freedom and Liberty as before, whoever be his Monitor; it is his own good Senſe and Judgment that ſtill guides him; which ſhines to great Advantage in thus directing him againſt the Biaſs of Vanity and Self-Opinion. And in thus changing his Sentiments he only acknowledges that he

is

is not, what no Man ever was, incapable of being miſtaken. In ſhort it is more Merit, and an Argument of a more excellent Mind, for a Man freely to retract when he is in the wrong, than to be overbearing and poſitive when he is in the right *(l)*.

A Man then muſt be *willing* to know himſelf, before he *can* know himſelf. He muſt open his Eyes, if he deſires to ſee; yield to Evidence and Conviction, though it be at the Expence of his Judgment, and to the Mortification of his Vanity..

CHAP. VI.

To be ſenſible of our falſe Knowledge, a good Step to Self-Knowledge.

VI. WOULD *you know yourſelf, take heed and guard againſt falſe Knowledge.*

See that the *Light that is within you be not Darkneſs*; that your favourite and leading Principles be right. Search your Furniture, and ſee what you have to unlearn. For oftentimes there

(l) Ει τις με ελεγξαι, και παραςησαι μοι, ὁτι ουκ ορθως υπολαμβανω η πρασσω, δυναῖαι, χαιρων μεῖαθησομαι· ζηῖω γαρ την αληθειαν υφ ης ουδεις πωποῖε εβλαβη· βλαπῖεῖαι δε ο επιμενων επι της ιδιας απαλης και αγνοιας. *M. Aur. lib.* 6. § 21. *If any one can convince me that I am wrong in any Point of Sentiment or Practice, I will alter it with all my Heart. For it is Truth I ſeek; and that can hurt no body. It is only perſiſting in Error or Ignorance that can hurt us.*

is as much Wiſdom in caſting off ſome Knowledge which we have, as in acquiring that which we have not. Which perhaps was what made *Themiſtocles* reply, when one offered to teach him the Art of Memory, that *he had much rather he would teach him the Art of Forgetfulneſs.*

A Scholar that hath been all his Life collecting of Books, will find in his Library at laſt a great deal of Rubbiſh. And as his Taſte alters, and his Judgment improves, he will throw out a great many as Traſh and Lumber, which, it may be, he once valued and paid dear for; and replace them with ſuch as are more ſolid and uſeful. Juſt ſo ſhould we deal with our Underſtandings; look over the Furniture of the Mind; ſeparate the Chaff from the Wheat, which are generally received into it together; and take as much Pains to forget what we ought not to have learned, as to retain what we ought not to forget. To read Froth and Trifles all our Life, is the Way always to retain a flaſhy and juvenile Turn; and only to contemplate our firſt (which is generally our worſt) Knowledge, cramps the Progreſs of the Underſtanding, and is a great Hindrance to a true Self-Knowledge. In ſhort, would we improve the Underſtanding to the valuable Purpoſes of Self-Knowledge, we muſt take as much Care what Books we read, as what Company we keep.

" The Pains we take in Books or Arts, which " treat of Things remote from the Uſe of Life, " is a buſy Idleneſs. If I ſtudy (ſays *Montaigne*) " it

" it is for no other Science than what treats of " the Knowledge of myſelf, and inſtructs me " how to live and die well (*m*)."

It is a comfortleſs Speculation, and a plain Proof of the Imperfection of the Human Underſtanding, that upon a narrow Scrutiny into our Furniture, we obſerve a great many Things which we think we know, but do not; and a great many Things which we do know, but ought not. That of the Knowledge which we have been all our Lives collecting, a good deal of it is mere Ignorance, and a good deal of it worſe than Ignorance. To be ſenſible of which is a very neceſſary Step to Self-Acquaintance (*n*).

CHAP. VII.

Self-Inſpection peculiarly neceſſary upon ſome particular Occaſions.

VII. WOULD *you know yourſelf, you muſt very carefully attend to the Frame and Emotions of your Mind under ſome particular Incidents and Occaſions.*

Some ſudden Accidents which befall you when the Mind is moſt off its Guard, will better diſcover its ſecret Turn and prevailing Diſpoſition, than much greater Events you are prepared for. *e. g.*

(1.) Conſider how you behave under any ſudden *Affronts* or *Provocations* from Men. *A Fool's Wrath*

(*m*) *Rule of Life*, pag. 82, 90.
(*n*) See *Part* i. *Chap.* xiii. *fin.*

Wrath is preſently known, Prov. xii. 16. *i. e.* a Fool is preſently known by his Wrath.

If your Anger be ſoon kindled, it is a Sign that ſecret Pride lies lurking in the Heart; which, like Gun-powder, takes Fire at every Spark of Provocation that lights upon it. For whatever may be owing to a natural Temper, it is certain that Pride is the chief Cauſe of frequent and wrathful Reſentments. For Pride and Anger are as nearly allied as Humility and Meekneſs. *Only by Pride cometh Contention*, Prov. xiii. 10. And a Man would not know what Mud lay at the Bottom of his Heart, if Provocation did not ſtir it up.

Athenodorus the Philoſopher by reaſon of his old Age begged leave to retire from the Court of *Auguſtus*, which the Emperor granted him; and as *Athenodorus* was taking his Leave of him, 'Remember *(ſaid he) Cæſar*, whenever you are 'angry, you ſay or do nothing, before you 'have repeated the four and twenty Letters 'of the Alphabet to yourſelf.' Whereupon *Cæſar* catching him by the Hand, *I have need* (ſays he) *of your Preſence ſtill*; and kept him a Year longer (*o*). This is celebrated by the Antients as a Rule of excellent Wiſdom. But a Chriſtian may preſcribe to himſelf a much wiſer, *viz.* 'When you are angry, anſwer not till you 'have repeated the fifth Petition of the Lord's 'Prayer, *Forgive us our Treſpaſſes, as we forgive 'them that treſpaſs againſt us.* And our Saviour's 'Com-

(*o*) See *Plut. Mor. Vol.* i. *pag.* 238.

'Comment upon it.' *For if ye forgive Men their Treſpaſſes, your heavenly Father will alſo forgive you: But if ye forgive not Men their Treſpaſſes, neither will your Father forgive your Treſpaſſes,* Mat. vi. 14, 15.

It is a juſt and ſeaſonable Thought, that of *Marcus Antoninus* upon ſuch Occaſions; "A "Man miſbehaves himſelf towards me, —— "what is that to me? The Action is his; and "the Will that ſets him upon it is his; and "therefore let him look to it. The Fault and "Injury is his, not mine. As for me, I am in "the Condition Providence would have me, and "am doing what becomes me *(p)*."

But ſtill this amounts only to a Philoſophical Contempt of Injuries; and falls much beneath a Chriſtian Forgivneſs of them; which as Chriſtians we are bound to, and which, if we know ourſelves, we ſhall be diſpoſed to. And therefore, in order to a true Self-Knowledge, we muſt always take care to examine and obſerve in what Manner we are affected in ſuch Circumſtances.

(2.) How do you behave under a ſevere and unexpected *Affliction* from the *Hand of Providence?* Which is another Circumſtance, which, when rightly improved, will help us very much to know ourſelves.

If there be any habitual Diſcontent or Impatience lurking within us, this will draw it forth. Eſpecially if the Affliction be attended with any of

(p) Meditat. Book 5. § 25.

of thoſe aggravating Circumſtances with which *Job*'s was.

Afflictions are often ſent with this Intent, to teach us to know ourſelves; and therefore ought to be carefully improved to this Purpoſe.

And much of the Wiſdom and Goodneſs of our heavenly Father is ſeen by a ſerious and attentive Mind, not only in proportioning the Degrees of his Corrections to his Children's Strength, but in adapting the Kinds of them to their Tempers; afflicting one in one Way, another in another, according as he knows they are moſt eaſily wrought upon, and as will be moſt for their Advantage. By which Means a ſlight Affliction of one Kind may as deeply affect us, and procure as great an Advantage to us, as a much greater of another Kind.

It is a trite but true Obſervation, that a wiſe Man receives more Benefit from his Enemies, than from his Friends; from his Afflictions, than from his Mercies; by which Means he makes his Enemies in Effect his beſt Friends, and his Afflictions his greateſt Mercies. Certain it is, that a Man never has an Opportunity of taking a more fair and undiſguiſed View of himſelf, than in theſe Circumſtances. And therefore by diligently obſerving in what Manner he is affected at ſuch Times, he may make an Improvement in the true Knowledge of himſelf, very much to his future Advantage, though perhaps not a little to his preſent Mortification. For a ſudden Provocation from

Man,

Man, or ſevere Affliction from GOD, may detect ſomething, which lay latent and undiſcovered ſo long at the Bottom of his Heart, that he never once ſuſpected it to have had any Place there. Thus, the one excited Wrath in the *meekeſt* Man, (Pſal. cvi. 33.) and the other Paſſion in the moſt *patient*, Job iii. 3.

By conſidering then in what Manner we bear the particular Afflictions GOD is pleaſed to allot us, and what Benefit we receive from them, we may come to a very conſiderable Acquaintance with ourſelves.

(3.) In a Time of *Peace*, *Proſperity* and *Pleaſure*, when the Soul is generally moſt unguarded, what is its Temper and Diſpoſition then?

This is the warm Seaſon that nouriſhes and impregnates the Seeds of Vanity, Self-Confidence, and a ſupercilious Contempt of others. If there be ſuch a *Root of Bitterneſs* in the Heart, it will be very apt to ſhoot forth in the Sun-ſhine of uninterrupted Proſperity; even after the Froſt of Adverſity had nipped it, and, as we thought, killed it.

Proſperity is a *Trial* as well as Adverſity; and is commonly attended with more dangerous Temptations. And were the Mind but as ſeriouſly diſpoſed to Self-Reflection, it would have a greater Advantage of attaining a true Knowledge of itſelf under the former than under the latter. But the Unhappineſs of it is, the Mind is ſeldom rightly turned for ſuch an Employment under thoſe Circumſtances.

cumſtances. It has ſomething elſe to do; has the Concerns of the World to mind; and is too much engaged by the Things without it, to advert to thoſe within it; and is more diſpoſed to enjoy than *examine* itſelf. However, it is a very neceſſary Seaſon for Self-Examination, and a very proper Time to acquire a good Degree of Self-Knowledge, if rightly improved.

(Laſtly,) How do we behave in *bad Company?*

And that is to be reckoned bad Company, in which there is no Probability of our doing or getting any Good, but apparent Danger of our doing or getting much Harm; I mean, our giving Offence to others, by an indiſcreet Zeal, or incurring Guilt to ourſelves by a criminal Compliance.

Are we carried down by the Torrent of Vanity and Vice? Will a Flaſh of Wit or a brilliant Fancy make us excuſe a profane Expreſſion? If ſo, we ſhall ſoon come to reliſh it, when thus ſeaſoned, and uſe it ourſelves.

This is a Time when our Zeal and Wiſdom, our Fortitude and Firmneſs are generally put to the moſt delicate Proof; and when we may too often take notice of the unſuſpected Eſcapes of Folly, Fickleneſs, and Indiſcretion.

At ſuch Seaſons as theſe then we may often diſcern what lies at the Bottom of our Hearts, better than we can in the more even and cuſtomary Scenes of Life, when the Paſſions are all calm and ſtill. And therefore would we know ourſelves, we ſhould be very attentive to our Frame, Tem-

per,

per, Diſpoſition, and Conduct upon ſuch Occaſions.

CHAP. VIII.

To know ourſelves, we muſt wholly abſtract from external Appearances.

VIII. WOULD *you know yourſelf, you muſt, as far as poſſible, get above the Influence of external Appearances, and Circumſtances.*

A Man is, what his Heart is. The Knowledge of himſelf is the Knowledge of his Heart, which is intirely an inward Thing; to the Knowledge of which then, outward Things (ſuch as a Man's Condition and Circumſtances in the World) can contribute nothing: But on the other hand, if taken into any Conſideration, will be a great Bar and Hindrance to him in his Purſuit of Self-Knowledge.

(1.) Are your Circumſtances in the World *eaſy* and *proſperous*, take care you do not judge of yourſelf too favourably on that Account.

Theſe Things are without you, and therefore can never be the Meaſure of what is within you; and however the World may reſpect you for them, they do not in the leaſt make you either a wiſer or more valuable Man.

In forming a true Judgment of yourſelf then, you moſt intirely ſet aſide the Conſideration of your

your Eſtate, and Family; your Wit, Beauty, Genius, Health, *&c.* which are all but the Appendages or Trappings of a Man; or a ſmooth and ſhining Varniſh, which may lacker over the baſeſt Metal *(q)*.

A Man may be a good and happy Man without theſe Things, and a bad and wretched one with them. Nay he may have all theſe, and be the worſe for them. They are ſo far from being good and excellent in themſelves, that we often ſee Providence beſtows them upon the vileſt of Men, and in Kindneſs denies them to ſome of the beſt. They often are the greateſt Temptations that can put a Man's Faith and Firmneſs to the Proof. Or,

(2.) Is your Condition in Life *mean* and *afflicted?* do not judge the worſe of yourſelf for not having thoſe external Advantages which others have.

None will think the worſe of you for not having them, but thoſe who think the better of themſelves for having them: In both which they ſhew a very depraved and perverted Judgment. Theſe are (τὰ οὐκ ἐφ' ἡμῖν) Things intirely *without us*, and out of our Power; for which a Man is neither the better nor the worſe, but according as he uſes them: And therefore you ought to be as indifferent to them as they are to you. A good Man ſhines amiably through all the Obſcurity of his

(q) Si perpendere te voles, ſepone pecuniam, domum, Dignitatem, intus te ipſe conſule. *Sen.*

his low Fortune; and a wicked Man is a poor little Wretch in the Midſt of all his Grandeur (*r*).

Were we to follow the Judgment of the World, we ſhould think otherwiſe of theſe Things; and by that Miſtake be led into a miſtaken Notion of ourſelves. But we have a better Rule to follow, to which if we adhere, the Conſideration of our external Condition in Life, be it what it will, will have no undue Influence on the Mind in its ſearch after Self-Knowledge.

CHAP. IX.

The Practice of Self-Knowledge, a great Means to promote it.

IX. LET *all your Self-Knowledge be reduced into Practice.*

The right Improvement of that Knowledge we have, is the beſt Way to attain more.

The great End of Self-Knowledge is Self-Government; without which it is but a uſeleſs Speculation. And as all Knowledge is valuable in Proportion to its End, ſo this is the moſt excellent Kind of Knowledge, only becauſe the Practice of it is of ſuch extenſive Uſe, as hath been already ſhewn.

(*r*) Parvus pumilio, licèt in monte conſtiterit; coloſſus magnitudinem ſuam ſervabit, etiamſi ſteterit in puteo. *Sen. Epiſt.* 77.

" Pygmies are Pygmies ſtill, tho' placed in Alps;
" And Pyramids are Pyramids in Vales. *Night Thoughts.*

'Above all other Subjects (ſays an antient pious 'Writer) ſtudy thine ownſelf. — For no Know-'ledge that terminates in Curioſity or Speculation 'is comparable to that which is of Uſe; and of all 'uſeful Knowledge, that is moſt ſo which con-'ſiſts in the due Care and juſt Notions of ourſelves. 'This Study is a Debt which every one owes him-'ſelf. Let us not then be ſo laviſh, ſo unjuſt as 'not to pay this Debt; by ſpending ſome Part, at 'leaſt, if we cannot all or moſt of our Time and 'Care upon that which has the moſt indefeaſible 'Claim to it. Govern your Paſſions; manage your 'Actions with Prudence; and, where falſe Steps 'have been made, correct them for the future. Let 'nothing be allowed to grow headſtrong and 'diſorderly; but bring all under Diſcipline. 'Set all your Faults before your Eyes; and paſs 'Sentence upon yourſelf with the ſame Severity 'as you would do upon another, for whom no 'Partiality hath biaſſed your Judgment (*s*).'

What will our moſt exact and diligent Self-Reſearches avail us, if after all we ſink into Indolence and Sloth? Or what will it ſignify to be convinced that there is a great deal amiſs in our Deportments and Diſpoſitions, if we ſit ſtill contentedly under that Conviction, without taking one Step towards a Reformation? It will indeed render us but the more guilty in the Sight of GOD. And how ſad a Thing will it

(*s*) *St. Bernard's Medit. chap.* 5.

it be to have our *Self Knowledge* hereafter riſe up in Judgment againſt us! ——

'Examination is in order to Correction and 'Amendment. We abuſe it and ourſelves, if 'we reſt in the Duty without looking farther. 'We are to review our daily Walk, that we 'may *reform* it; and conſequently a daily Re-'view will point out to us the Subject and Mat-'ter of our future daily Care.' —— "This "Day (ſaith the Chriſtian, upon his Review "of Things at Night) I loſt ſo much Time; "particularly at——. I took too great a Liberty; "particularly in ——. I omitted ſuch an Op-"portunity that might have been improved to "better Purpoſe. I miſmanaged ſuch a Duty "—— I find ſuch a Corruption often work-"ing; my old Infirmity —— ſtill cleaves to "me; How eaſily doth this Sin beſet me! — Oh! "May I be more attentive for the Time to "come, more watchful over my Heart; take "more Heed to my Ways! May I do ſo "the next Day!" —— 'The Knowledge of a 'Diſtemper is a good Step to a Cure; at leaſt, 'it directs to proper Methods and Applications 'in order to it. Self-Acquaintance leads to 'Self-Reformation. He that at the Cloſe of 'each Day calls over what is paſt, inſpects him-'ſelf, his Behaviour and Manners, will not fall 'into that Security, and thoſe uncenſured Follies 'that are ſo common and ſo dangerous (*t*).'

(*t*) *Bennet's Chriſt. Orat. pag.* 578.

And it may not be improper, in order to make us ſenſible of and attentive to ſome of the more ſecret Faults and Foibles of our Tempers, to pen them down at Night, according as they appeared during the Tranſactions of the Day. By which Means, we ſhall not only have a more diſtinct View of that Part of our Character to which we are generally moſt blind; but ſhall be able to diſcover ſome Defects and Blemiſhes in it, which perhaps we never apprehended before. For the Wiles and Doublings of the Heart are ſometimes ſo hidden and intricate, that it requires the niceſt Care and moſt ſteady Attention to detect and unfold them.

For Inſtance; 'This Day I read an Au-
'thor whoſe Sentiments were very different
'from mine, and who expreſſed himſelf with
'much Warmth and Confidence. It excited
'my Spleen, I own, and I immediately paſſed
'a ſevere Cenſure upon him. So that had
'he been preſent, and talked in the ſame Strain,
'my ruffled Temper would have prompted me
'to uſe harſh and ungrateful Language, which
'might have Occaſioned a very unchriſtian
'Contention. But I now recollect, that tho'
'the Author might be miſtaken in thoſe Sen-
'timents, (as I ſtill believe he was) yet by his
'particular Circumſtances in Life, and the
'Method of his Education, he hath been ſtrongly

'led

'led into that Way of thinking. So that 'his Prejudice is pardonable; but my Uncha-'ritableneſs is not; eſpecially, conſidering that 'in many Reſpects he has the Aſcendant of 'me. —— This proceeded then from *Uncharita-bleneſs*, which is one Fault of my Temper 'I have to watch againſt; and which I never 'was before ſo ſenſible of, as I am now upon 'this Recollection. Learn more *Moderation*, 'and make more Allowances for the miſtaken 'Opinions of others for the future. Be as 'charitable to others who differ from you, as 'you deſire they ſhould be to you, who differ 'as much from them. For it may be you 'cannot be more aſſured of being in the right 'than they are.

'Again; this Day I found myſelf ſtrongly 'inclined to put in ſomething by Way of 'Abatement to an excellent Character given of 'an abſent Perſon by one of his great Admi-'rers. It is true, I had the Command of my-'ſelf to hold my Tongue. And it is well I 'had; for the Ardour of his Zeal would 'not have admitted the Exception, (tho' I 'ſtill think that in ſome Degree it was juſt) 'which might have raiſed a wrangling Debate 'about his Character, perhaps at the Expence 'of my own; or however occaſioned much 'Animoſity and Contention. —— But I have 'ſince examined the ſecret Spring of that Im-'pulſe, and find it to be *Envy*; which I was

'not then ſenſible of; but my Antagoniſt had cer-
'tainly imputed it to this. And had he taken
'the Liberty to have told me ſo, I much
'queſtion whether I ſhould have had the Tem-
'per of the Philoſopher; who, when he was
'really injured, being aſked whether he was
'angry or no, replied, *No*; *but I am conſider-*
'*ing with myſelf whether I ought not to be ſo.* I
'doubt I ſhould not have had ſo much Compoſure;
'but ſhould have immediately reſented it as a
'falſe and malicious Aſperſion. But it was
'certainly Envy, and nothing elſe; for the Per-
'ſon who was the Object of the Encomium
'was much my Superior in many Reſpects. And
'the Exception that aroſe to my Mind was the
'only Flaw in his Character; which nothing
'but a quick-ſighted Envy could deſcry. Take
'heed then of that Vice for the future.

'Again; this Day I was much ſurprized to
'obſerve in myſelf the Symptoms of a Vice,
'which of all others I ever thought myſelf
'moſt clear of; and have always expreſſed the
'greateſt Deteſtation of in others; and that is
'*Covetouſneſs*. For what elſe could it be that
'prompted me to with-hold my Charity from
'my Fellow-Creature in Diſtreſs, on Pretence
'that he was not in every Reſpect a proper
'Object; or to diſpenſe it ſo ſparingly to another,
'who I knew was ſo, on Pretence of having
'lately been at a conſiderable Expence upon
'another Occaſion? This could proceed from

'nothing

'nothing elſe but a latent Principle of Covetouſneſs; which tho' I never before obſerved 'in myſelf, yet it is likely others have. O 'how inſcrutinable are the Depths and Deceits 'of the Human Heart! —— Had my Enemy 'brought againſt me a Charge of Indolence, 'Self-Indulgence, or Pride, and Impatience, or 'a too quick Reſentment of Affronts and In-'juries, my own Heart muſt have confirmed 'the Accuſation, and forced me to plead guilty. 'Had he charged me with Bigotry, Self-Opi-'nion and Cenſoriouſneſs, I ſhould have thought 'it proceeded from the ſame Temper in *him-'ſelf*, having rarely obſerved any Thing like 'it in my own. But had he charged me with 'Covetouſneſs, I ſhould have taken it for down-'right *Calumny*, and deſpiſed the Cenſure with 'Indignation and Triumph. And yet after all, 'I find it had been but too true a Charge. '—— O! how hard a Thing is it to know 'myſelf? —— This, like all other Knowledge, 'the more I have of it, the more ſenſible I am 'of my Want of it.'

The Difficulty of Self-Government and Self-Poſſeſſion ariſes from the Difficulty of a thorough Self-Acquaintance, which is neceſſary to it. I ſay a *thorough* Self-Aquaintance, ſuch as has been already ſet forth in its ſeveral Branches, (Part i.). For as Self-Government is ſimply impoſſible (I mean conſidered as a Virtue) where Self-Ignorance prevails, ſo the Difficulty of it will decreaſe

decreaſe in Proportion to the Degree in which Self-Acquaintance increaſes.

Many, perhaps, may be ready to think this a Paradox; and imagine that they know their predominant Paſſions and Foibles very well, but ſtill find it extremely difficult to correct them. But let them examine this Point again, and perhaps they may find, that *that* Difficulty ariſes either from their *Defect* of Self-Knowledge, (for it is in this as in other Kinds of Knowledge, wherein ſome are very ready to think themſelves much greater Proficients than they are) or elſe from their *Neglect* to put in Practice that Degree of Self-Knowledge they have. They know their particular Failings, yet will not guard againſt the immediate Temptations to them. And they are often betrayed into the immediate Temptations which overcome them, becauſe they are ignorant of, or do not guard againſt, the more *remote* Temptations, which lead them into thoſe which are more immediate and dangerous, which may not improperly be called the Temptations to Temptations; in obſerving and guarding againſt which, conſiſts a very neceſſary Part of Self-Knowledge, and the great Art of keeping clear of Danger, which, in our preſent State of Frailty, is the beſt Means of keeping clear of Sin.

To correct what is amiſs, and to improve what is good in us, is ſuppoſed to be our hearty Deſire, and the great End of all our Self-Reſearch.

ſearch. But if we do not endeavour after this, all our Labour after Self-Knowledge will be in vain. Nay, if we do not endeavour it, we cannot be ſaid heartily to deſire it. 'For there 'is moſt of the Heart, where there is moſt of 'the Will; and there is moſt of the Will, 'where there is moſt Endeavour; and where 'there is moſt Endeavour, there is *generally* 'moſt Succeſs. So that Endeavour muſt prove 'the Truth of our Deſire, and Succeſs will 'generally prove the Sincerity of our Endea-'vour (*u*).' This, I think, we may ſafely ſay without attributing too much to the Power of the Human Will, conſidering that we are rational and free Agents, and conſidering what effectual Aſſiſtance is offered to them who ſeek it, to render their Endeavours ſucceſsful if they are ſincere. Which introduces the Subject of the following Chapter.

CHAP. X.

Fervent and frequent Prayer the moſt effectual Means for attaining true Self-Knowledge.

LASTLY, *the laſt Means to Self-Knowledge which I ſhall mention is, frequent and devout Applications to the Fountain of Light and the Father of our Spirits, to aſſiſt us in this important Study, and give us the* true Knowledge *of ourſelves.*

This

(*u*) *Baxter.*

This I mention laſt, not as the leaſt, but, on the contrary, as the greateſt and beſt Means of all, to attain a right and thorough Knowledge of ourſelves; and the Way to render all the reſt effectual. And therefore, though it be the laſt Means mentioned, it is the firſt that ſhould be uſed.

Would we know ourſelves, we muſt often converſe not only with ourſelves in Meditation, but with GOD in Prayer. In the loweſt Proſtration of Soul, beſeeching the Father of our Spirits to diſcover them to us; *in whoſe Light we may ſee Light*, where before there was nothing but Darkneſs; to make known to us the Depth and Devices of our Heart. For without the Grace and Influence of his Divine Illuminations and Inſtructions, our Hearts will, after all our Care and Pains to know them, moſt certainly decieve us. And Self-Love will ſo prejudice the Underſtanding, as to keep us ſtill in Self-Ignorance.

The firſt Thing we are to do in order to Self-Knowledge is, to aſſure ourſelves that our Hearts *are deceitful above all Things*. And the next is, to remember that *the LORD ſearches the Hearts, and trieth the Reins*, Jer. xvii. 9. *i. e.* that He, the (Καρδιογνωστης) *Searcher of all Hearts* (1 Chron. xxviii. 9.) hath a perfect Knowledge of them, deceitful as they are. Which Conſideration, as it ſuggeſteth to us the ſtrongeſt Motive to induce us to labour after a true

a true Knowledge of them ourſelves; ſo it directs us at the ſame Time how we may attain this Knowledge; *viz.* by a humble and importunate Application to Him, to whom *alone* they are known, to make them known to us. And this, by the free and near Acceſs which his Holy Spirit hath to our Spirits, he can effectually do various Ways; *viz.* by fixing our Attentions; by quickning our Apprehenſions; removing our Prejudices, (which, like a falſe Medium before the Eye of the Mind, prevent its ſeeing Things in a juſt and proper Light;) by mortifying our Pride; ſtrengthening the intellective and reflecting Faculties; and enforcing upon the Mind a lively Senſe and Knowledge of its greateſt Happineſs and Duty; and ſo awakening the Soul from that carnal Security and Indifference about its beſt Intereſts, which a too ſerious Attention to the World is apt to betray it into.

Beſides, Prayer is a very proper Expedient for attaining *Self-Knowledge*, as the actual Engagement of the Mind in this devotional Exerciſe is in itſelf a great Help to it. For the Mind is never in a better Frame, than when it is intently and devoutly engaged in this Duty. It has then the beſt Apprehenſions of GOD, the trueſt Notions of itſelf, and the juſteſt Sentiments of earthly Things; the cleareſt Conceptions of its own Weakneſs, and the deepeſt Senſe of its own Vileneſs; and conſequently is

in

in the beſt Diſpoſition that can be, to receive a true and right Knowledge of itſelf.

And, Oh! could we but always think of ourſelves in ſuch a Manner, or could we but always be in a Diſpoſition to think of ourſelves in ſuch a Manner, as we ſometimes do in the Fervour of our Humiliations before the Throne of Grace, how great a Progreſs ſhould we ſoon make in this important Science? Which evidently ſhews the Neceſſity of ſuch devout and humble Engagements of the Soul, and how happy a Means they are to attain a juſt *Self-Acquaintance.*

AND NOW, Reader, whoever thou art that haſt taken the Pains to peruſe theſe Sheets, whatever be thy Circumſtances or Condition in the World, whatever thy Capacity or Underſtanding, whatever thy Occupations and Engagements, whatever thy favourite Sentiments and Principles, or whatever Religious Sect or Party thou eſpouſeſt, know for certain that thou haſt been deeply intereſted in what thou haſt been reading; whether thou haſt attended to it or no. For it is of no leſs Concern to thee than the Security of thy Peace and Uſefulneſs in this World, and thy Happineſs in another; and relates to all thy Intereſts both as a Man and a Chriſtian. —— Perhaps thou haſt ſeen ſomething of thine own Image in the Glaſs

Glaſs that has now been held up to thee. And wilt thou go away, and ſoon *forget what Manner of Perſon thou art?* —— Perhaps, thou haſt met with ſome Things thou doſt not well underſtand or approve. But ſhall that take off thine Attention from thoſe Things thou doſt underſtand and approve, and art convinced of the Neceſſity of? —— If thou haſt received no Improvement, no Benefit from what thou haſt been reading; read it over again. The ſame Thought, you know, often impreſſes one more at one Time than another. And we ſometimes receive more Knowledge and Profit by the ſecond Peruſal of a Book than by the firſt. And I would fain hope that thou wilt find ſomething in this that may ſet thy Thoughts on Work, and which, by the Bleſſing of GOD, may make thee more obſervant of thy Heart and Conduct; and in Conſequence of that a more ſolid, ſerious, wiſe, eſtabliſhed Chriſtian.

But will you, after all, deal by this Book, you have now read, as you have dealt by many Sermons you have heard? Paſs your Judgment upon it according to your received and eſtabliſhed Set of Notions; and condemn or applaud it, only as it is agreeable or diſagreeable to *them*; and commend or cenſure it, only as it ſuits or does not ſuit your particular *Taſte*; without attending to the real Weight, Importance, and Neceſſity of the Subject abſtracted from thoſe Views? Or will you be barely con-

tent with the Entertainment and Satisfaction, which ſome Parts of it may poſſibly have given you; to aſſent to the Importance of the Subject, and juſtneſs of the Sentiment, or the Propriety of ſome of the Obſervations you have been reading; and ſo diſmiſs all without any further Concern about the Matter? —— Believe it, O Chriſtian Reader, if this be all the Advantage you gain by it, it were ſcarce worth while to have confined yourſelf ſo long to the Peruſal of it. It has aimed, it has ſincerely aimed, to do you a much greater Benefit; to bring you to a better Acquaintance with one you expreſs a particular Regard for, and who is capable of being the beſt Friend, or the worſt Enemy you have in the World; and that is *yourſelf*.—It was deſigned to convince you, that would you live and act conſiſtently, either as a Man or a Chriſtian, you muſt *know yourſelf?* and to perſwade you under the Influence of the foregoing Motives, and by the Help of the fore-mentioned Directions, to make *Self-Knowledge* the great Study, and *Self-Government* the great Buſineſs of your Life. In which Reſolution may Almighty GOD confirm you; and in which great Buſineſs may his Grace aſſiſt you, againſt all future Diſcouragements and Diſtractions! With Him I leave the Succeſs of the whole; to whom be Glory and Praiſe for ever.

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